



MAGAZINE

今日天津

T I A N J I N T O D A Y

2015 ISSUE 6 MONTHLY
2015年第6期 总第161期 / 月刊

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Arthur and the Chinese
Micro-brewing Craze

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Tallying Taxes in Tianjin

EDUCATION
Leaving America for
a Better Education
in China

EXPATS GUIDE TO CHINESE MEDICINE

中医就诊指南

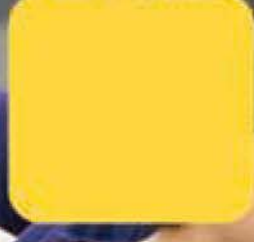


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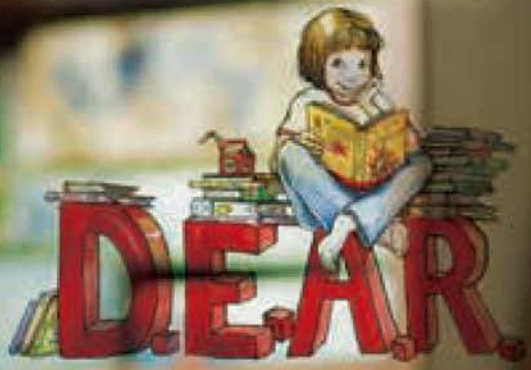
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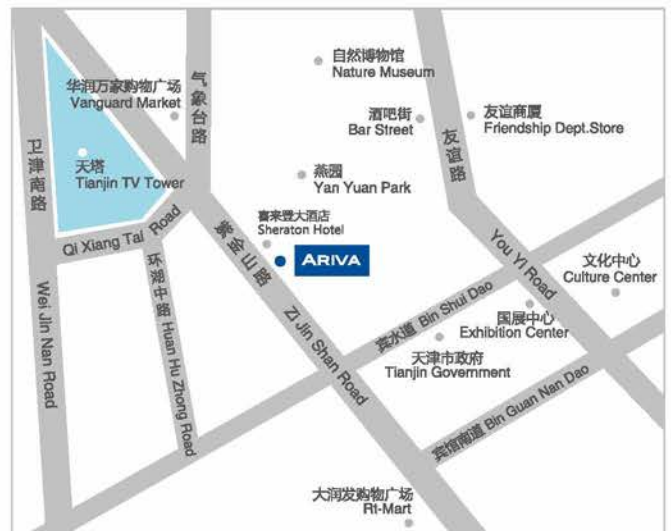


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网址Website: www.shangri-la.com/tianjin

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www.isetan-tianjin.com

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特惠 ¥398

刺身生蚝四选一酱汁 Served 4 kinds of sauce for you choose

- 1) Cocktail Sauce 美式鸡尾酒汁
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- 3) Lemon Vinegar Sauce & Pur é ed Turnip 日式柠檬醋汁
- 4) Mexican Chili Salsa 墨西哥番茄辣汁

4F TEL: 022-6554-1037 11:00-22:00 (LO: 21:00)

SEVEN DAYS

cold spaghetti with seafood 海鲜冷意大利面 **48元**

六月特别推荐

Sauteed Beef with Chili Sauce surface 老干妈香辣牛肉面 **38元**

June Special

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6F TEL: 022-6554-1039 11:00-21:00 (LO: 20:30)

ADD TEDA MSD No.62 2nd Avenue TEDA Tianjin
Tel:6527-1111 Hrs:11:00-21:00(Restaurant 11:30-22:00)

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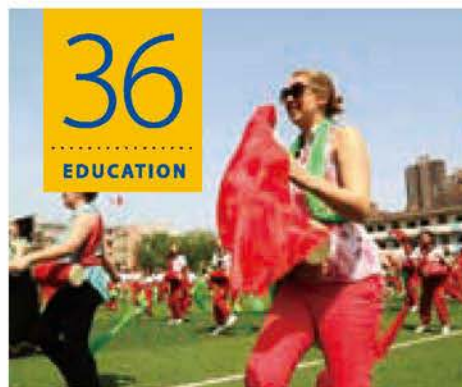
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EDUCATION



Leaving America for a Better Education in China 我为什么放弃美国教育

New Tianjin Location Starting November 4th at King Hall Hotel

Address: No. 22, Huan Hu Zhong Lu, Hexi District (河西区环湖中路22号)

Bus line: 1,9,705,826,953 stop nearby

www.TJIF.com

Please contact Scott Carlson with any questions:

- Phone: 8829 7772
 - Tianjin email: enquiry@tjif.com
 - TEDA email: enquiry@tedafellowship.com
- Open to foreign passport holders only.



Support

Encouragement

People who share our goals and beliefs

All of these things help us to discover how we fit into the place that God has put us.

Join our fellowship Sundays at 8:30 AM or 10:00 AM in Tianjin or at 10:00AM in TEDA as we discover God and His great plan, together





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School 学校	YY Craft Beer House	International Relocation	SINOBO
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International School of Tianjin	FLO	REX Service	
TEDA International School	Apartment 公寓	Others 其他	
Wellington College International Tianjin	SOMERSET	HR CLUB	

06/06

Western Shore Art Salon 西岸艺术馆

Zhi Wei Guitar Concert

天使协奏曲——志伟吉他乐团专场音乐会

演出: 志伟吉他乐团

Time: 20:00

ADD: No.3 Youyi Bei Lu, Hexi
河西区友谊北路3号
Tel: 8622-23263505

06/12

Western Shore Art Salon 西岸艺术馆

Piano Recital by Wen Yuchuan

悲歌如诗·拉赫玛尼诺夫作品

温雨川钢琴独奏音乐会

演出: 温雨川

Time: 20:00

ADD: No.3 Youyi Bei Lu, Hexi
河西区友谊北路3号
Tel: 8622-23263505

06/20

Western Shore Art Salon 西岸艺术馆

Choral Concert

安魂曲——北洋合唱团室内团合唱音乐会

演出: 天大北洋合唱团

Time: 20:00

ADD: No.3 Youyi Bei Lu, Hexi
河西区友谊北路3号
Tel: 8622-23263505

06/26

Western Shore Art Salon 西岸艺术馆

Chamber Music Concert

夏日·阳光——室内乐重奏音乐会

演出: 张秀岭, 王跃, 官微等

Time: 20:00

ADD: No.3 Youyi Bei Lu, Hexi
河西区友谊北路3号
Tel: 8622-23263505

06/27

Western Shore Art Salon 西岸艺术馆

**Laurent Maur—Duet Concert by
Laurent Maur and Moreno Donadel**

唇间密语——法国爵士口琴演奏家罗朗·穆赫二重奏音乐会

演出: 罗朗·穆赫

Time: 20:00

ADD: No.3 Youyi Bei Lu, Hexi
河西区友谊北路3号
Tel: 8622-23263505

06/01

Tianjin Grand Theatre 天津大剧院

Violin Duet

情迷双生花——瑞托卡小提琴二重奏

演出: 莫瑞托卡小提琴二重奏

Time: 19:30

ADD: Culture Center, Pingjiang Dao, Hexi
河西区平江道文化中心
Tel: 83882000

06/03

Tianjin Grand Theatre 天津大剧院

**Classical Guitar Solo Concert by
Costanza Savarese**

意大利古典吉他演奏家莎娃雷斯独奏音乐会

演出: 莎娃雷斯

Time: 19:30

ADD: Culture Center, Pingjiang Dao, Hexi
河西区平江道文化中心
Tel: 83882000

06/05

Tianjin Grand Theatre 天津大剧院

Drama: Trust by Schaubühne Berlin

话剧《信任》

演出: 德国柏林邵宾纳剧院

Time: 19:30

ADD: Culture Center, Pingjiang Dao, Hexi
河西区平江道文化中心
Tel: 83882000

06/06

Tianjin Grand Theatre 天津大剧院

Mulan Choir Concert

乘着歌声的翅膀——木兰童声合唱团音乐会

演出: 木兰童声合唱团

Time: 19:30

ADD: Culture Center, Pingjiang Dao, Hexi
河西区平江道文化中心
Tel: 83882000

06/07

Tianjin Grand Theatre 天津大剧院

Piano Recital by Ingrid Jacoby

英格丽·雅各比钢琴独奏音乐会

演出: 英格丽·雅各比

Time: 19:30

ADD: Culture Center, Pingjiang Dao, Hexi
河西区平江道文化中心
Tel: 83882000

06/12

Tianjin Grand Theatre 天津大剧院

Drama: Hamlet by Schaubühne Berlin

话剧《哈姆雷特》

演出: 德国柏林邵宾纳剧院

Time: 19:30

ADD: Culture Center, Pingjiang Dao, Hexi
河西区平江道文化中心
Tel: 83882000

06/13

Tianjin Grand Theatre 天津大剧院

**Joe Hisaishi and Miyazaki Hayao
Cartoon Works Audio-visual Concert**

天空之城——久石让·宫崎骏动漫作品视听音乐会

演出: 千寻乐队

Time: 19:30

ADD: Culture Center, Pingjiang Dao, Hexi
河西区平江道文化中心
Tel: 83882000

06/13

Tianjin Grand Theatre 天津大剧院

**Body drama: Black Site by Compagnie
Philippe Saire**

肢体剧《黑场》

演出: 菲利普·萨伊赫剧团

Time: 19:30

ADD: Culture Center, Pingjiang Dao, Hexi
河西区平江道文化中心
Tel: 83882000

06/19

Tianjin Grand Theatre 天津大剧院

**Concert by the Symphony Orchestra of
Cleveland**

未来之声——美国克利夫兰青年交响乐团音乐会

演出: 克利夫兰青年交响乐团

Time: 19:30

ADD: Culture Center, Pingjiang Dao, Hexi
河西区平江道文化中心
Tel: 83882000

06/21

Tianjin Grand Theatre 天津大剧院

Piano and Cello Duet

卡萨多大提琴钢琴二重奏音乐会

演出: 卡萨多二重奏

Time: 19:30

ADD: Culture Center, Pingjiang Dao, Hexi
河西区平江道文化中心
Tel: 83882000



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06/05

▶▶▶ Tianjin Auditorium
天津大礼堂



Ballet: Giselle
大型古典芭蕾舞剧《吉赛尔》
Time: 19:30

ADD: No.24 Youyi Lu, Hexi
天津河西区友谊路24号



06/13

▶▶▶ Tianjin Olympic Sports Center Stadium
天津奥体中心体育场(水滴)



Utopia 2015 World Tour by Zhang Huimei
2015张惠妹乌托邦世界巡回演唱会天津站
Time: 19:30

ADD: 393 Bin Shui Xi Dao
宾水西道393号



06/27

▶▶▶ Tianjin Jinwan Grand Theatre
天津津湾大剧院



Comic Martial Arts Performance: JUMP
韩国爆笑功夫剧“JUMP”天津站
Time: 19:30

ADD: Building 4, Jin Wan Plaza,
48 Jie Fang Bei Lu, Heping
天津和平区解放北路48号津湾广场4号楼



06/05-19

▶▶▶ Western Art Museum
西洋美术馆

2015 Western Art Museum Woodcut Exhibition
从“浮世绘”到“蓝图”
——400年世中的欢腾
2015·西洋美术馆木版画特展

ADD: 77 Jie Fang Bei Lu, Heping District, Tianjin
天津市和平区解放北路77号



06/27

▶▶▶ Tianjin Grand Theatre 天津大剧院

America Dallas Youth Symphony Orchestra Concert

自新世界—美国大达拉斯青年交响乐团音乐会
演出: 大达拉斯青年交响乐团
Time: 19:30

ADD: Culture Center, Pingjiang Dao, Hexi
河西区平江道文化中心
Tel: 83882000

06/27

▶▶▶ Tianjin Concert Hall 天津音乐厅

Piano Recital
《海上钢琴师》现场版
经典电影钢琴曲天利名家浪漫之旅演奏会
Time: 19:30

ADD: No.88, Jianshe Road, Heping
和平区建设路88号
Tel: 23320068

Jin Magazine Honorary Advisory Committee 《今日天津》杂志荣誉顾问委员会



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Territory Developer for SUBWAY Tianjin
赛百味天津地区发展商

The names of the honorary advisors are listed according to the alphabetical order of the first name initial. 以上荣誉顾问按姓名首字母顺序排列, 排列不分先后

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Regional Manager Tianjin and North China,
German Chamber of
Commerce in China—North China
中国德国商会北方区域经理



Christoph Schrempp
Local chair of European Chamber,
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Wei Chaoyi (PILD)
Chief Representative Melbourne Office Tianjin
墨尔本驻天津代表处首席代表

Beijing-Tianjin-Hebei coordinated development guideline approved

京津冀协同发展规划纲要正式通过

中共中央政治局近期召开会议, 分析研究当前经济形势和经济工作, 审议通过《京津冀协同发展规划纲要》。会议强调要加快破除体制机制障碍, 推动要素市场一体化, 构建京津冀协同发展的体制机制, 加快公共服务一体化改革。要抓紧开展试点示范, 打造若干先行先试平台。

Rules for the coordinated development of the Beijing-Tianjin-Hebei area were approved by the Political Bureau of the Communist Party of China (CPC) Central Committee recently. The main task will be to transfer administrative functions from Beijing to neighboring areas and improve living conditions in the densely populated areas. China will readjust the economic structure in the area to create new growth sectors and control Beijing's population. Priority will be given to traffic management, environmental protection energy security and industrial upgrades. Public services will be improved and the area will be made into a more comfortable environment for foreign enterprises to do business in. Innovation will be encouraged. The top leadership asked that institutional barriers to the strategy be removed and pilot programs launched as soon as possible. Source: Xinhuanet

NEEQ association launched in Tianjin

全国中小企业股份转让系统联盟协会在天津成立

由天津高新技术企业协会主办的全国中小企业股份转让系统联盟协会已于近期正式在天津高新技术区成立。该协会的成立将激活高新技术中小企业的创新能力并提高资本市场的融资功能。

The NEEQ (National Equities Exchange and Quotations) Union Association, sponsored by the Tianjin High-tech Companies Association, was established in Tianjin High-tech Zone recently. The association, a professional body aimed at the NEEQ market, is a significant in supporting the development of Tianjin National Innovative Demonstration Area. It aims to activate the multiple-level capital market and services for high-tech small and medium-sized enterprises in the coastal city.

Liu Xiangdong, president of the NEEQ Union Association and general manager of Hi-tech Investment Co Ltd, said that the organization is the first professional association in Tianjin focused on resource integration, consultation, training and financing services for companies planning to be listed and already listed in NEEQ. The association was launched by 30 companies and institutions, including securities companies, banks, agencies and investment institutes. The association will provide support for 30 to 50 new companies listed in NEEQ within this year and offer related companies financing products and financing solutions.

The innovation and development of high-tech SMEs are of great significance to the strategic development of Tianjin National Innovative Demonstration Area. The association will influence the Beijing-Tianjin-Hebei area and take full advantage of initiatives to encourage innovation in the Tianjin National Innovative Demonstration Area, which is of great benefit to promoting the brand of the innovation area, activating the creativity ability of high-tech SMEs and improving the financing functions of the capital market. Source: Xinhuanet

Low Carbon Living Lab in Tianjin Eco-City receives BCA's Green Mark Platinum Award

生态城低碳体验中心获奖

在日前举行的 2015 年新加坡建设局颁奖典礼上，位于中新天津生态城的低碳体验中心被新加坡建设局授予绿色标志最高奖——白金奖。新加坡建设局主席郭书实先生将该奖项颁发给了中新天津生态城投资开发有限公司（生态城合资公司）总裁何东雁先生，低碳体验中心也成为中国首座新加坡建设局绿色标志白金奖建筑。

The Low Carbon Living Lab (LCLL) in the Sino-Singapore Tianjin Eco-City received the Green Mark Platinum Award by Singapore's Building Construction Authority (BCA) recently.

The LCLL is a project developed by SSTEC with support from BCA, International Enterprise Singapore (IE Singapore) and the Sino-Singapore Tianjin Eco-City Administrative Committee (ECAC). Designed to be a "Living Lab", the LCLL encourages test-bedding and demonstration of green building features, energy saving building technologies and renewable energy adoption. Since the start of its operation in 2014, the LCLL has attained several achievements, such as 28% of energy utilization derived from renewable sources, 30% less energy consumed compared to similar buildings in Tianjin and using 30% recyclable materials in the building's construction. The Green Mark Scheme was launched by BCA in 2005 to promote environmental awareness in the construction and real estate sectors. In September 2013, the LCLL received the pre-certification of BCA Green Mark Platinum Award. Following one year's tracking and monitoring of key data, the LCLL has met the required eco-Key Performance Indicators (KPIs) and obtained the full certification. Previously, in 2013, the LCLL had also received the China Green Building Design Label 3-Star Award from China's Ministry of Housing and Urban-Rural Development. It also met the Sino-Singapore Tianjin Eco-City's Green Building Evaluation Standard (GBES), developed by experts from Singapore and China.

"We are very happy that the LCLL has received the BCA Green Mark Platinum Award. The LCLL is the first BCA Green Mark Platinum building in a temperate zone and in China," said Ho Tong Yen, CEO of Sino-Singapore Tianjin Eco-City Investment and Development Co., Ltd's. Source: Xinhuanet

Tianjin reports growing elderly population

天津发布2014年人口老龄化状况及失能老年人生活状况调查报告

截至去年底，天津市失能老年人总数约为 14.33 万人，占老年人总数的 6.65%。失能老年人的照料和护理问题将成为老龄化带来的最严峻的挑战之一。全市 60 岁及以上的户籍老年人口达到 215 万多，占户籍总人口的 21.18%，全市人口老龄化程度远超全国 14.9% 的平均值。其中失能老年人总数约为 14.33 万人。结合报告调查结果，天津市将充分利用社区日间照料中心的设施和队伍，为居家养老的失能老年人提供各项服务。

More than 21 percent of the registered population in the northern industrial hub of Tianjin were 60 years old or more at the end of 2014, statistics showed recently. The number of people aged 60 or above in the city rose by 145,700 from 2013 to 2.154 million at the end of 2014, accounting for 21.18 percent of the registered population, according to figures released by the city's aging office. "According to local government data, Tianjin's aging level is ranked third in the country following Shanghai and Beijing," said Guo Ning, deputy head of the office. There were 358 centenarians in the city at the end of 2014, according to the office. Among those above 60, more than 140,000 were unable to care for themselves, said Guo. The number of people aged 60 or above in Shanghai reached 3.88 million at the end of 2013, or 27 percent of the registered population, according to figures released by the city's civil affairs authority. China's population is aging rapidly, 202 million people, or 14.9 percent of the total population, were at least 60 years old by the end of 2013, according to the Ministry of Civil Affairs. This number is expected to exceed 300 million by 2025, according to the ministry. Source: Xinhuanet



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LETTER

FROM THE EDITOR

As we now reach the mid year and many families start preparing for their summer vacations, June is the time for several holidays. The first is June 1, Children's Day which a day for children's activities and prior to their graduation.

The other major holiday is June 20-22 Dragon Boat Festival, 端午节 Duan Wu Jie, a major festival with many competing teams of oarsmen in boats shaped like dragons. The festival commemorates the famous Chinese poet Qu Yuan 屈原 from 278B.C. who had drowned in a lake and people loved him so much that they jumped in many boats and raced to save him. Thus the tradition of dragon boat racing. In order to prevent Qu Yuan from being eaten by the fish, people threw rice dumplings wrapped in bamboo leaves to lure the fish. Now you know the two traditions of this festival.

In this issue, JinMag will feature an article on Traditional Chinese Medicine TCM and travel to Ulan Bator or UB in Mongolia and a description of HeXi District.

Relating to electronic communications, you will find an interesting article on Internet speed and another suggesting that we are spending too much time texting and should try more personal communication. Also why is it so difficult for people to say: "Sorry, I was wrong?"

This month's education article takes a look from the perspective of an expat that abandons an American education and decided to come to China. Another expat describes taking the kids around Tianjin with a folded stroller.

The dining article provides a detailed description of various varieties of rice around the world and the home of rice, China.

June 22 is the Summer Solstice, the longest day of the year, so enjoy yourself into the wee hours of the evening. Don't forget Father's day is on June 21.

不知不觉, 2015 年已经过半。六月, 既是一个游玩的时节, 也是最受孩子们欢迎的月份。今年 6 月 20-22 日, 是端午小长假的日子。中国自古有以包粽子和赛龙舟的方式来庆祝这个节日的传统。如果你对它感兴趣, 不妨多关注我们的文章。六月的主题, 我们介绍的是有关中医的知识。除此之外, 还有乌兰巴托的旅游日志, 乌拉巴托是一个神奇的地方, 同时它也是一个不寻常的国度, 找到我们的文章, 找到一份不一样的精彩。关于电子通讯, 你是不是有太多的抱怨要说? 网速总是不够? 亦或是受够了饭桌上人人高举手机的画面? 其实这些问题早已在人们的生活中落下病根。如何解决这些问题, 快来翻看我们最新一期的杂志。中国盛产稻米, 六月的餐饮主题, 我们就将为你介绍来自世界各地不同种类的水稻, 如果你对饮食文化有着深刻的研究, 那么切莫错过我们的这篇文章。6 月 22 日是二十四节气中的夏至, 所以尽情的享受这一年中日昼最长的一天吧。

Monica Wang



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EXPATS GUIDE TO CHINESE MEDICINE

by David Wong and Carmen King

Chinese medicine obviously has a long history with thousands of years of development. It is also referred to as TCM Traditional Chinese Medicine or in Chinese as Zhong Yi 中医 or Zhong Yao 中药. As international interaction with China increases, TCM is gaining more exposure in the West. Many Western physicians are incorporating TCM with existing practices or they will refer patients to clinics or practitioners of TCM.

The core Chinese Medicine treatments are Herbal prescriptions, Acupuncture, QiGong and Massage. For anyone that has entered a TCM outlet, you will experience the strong pungent smell of Chinese herbs. The herbal shops are very interesting to visit and have hundreds if not thousands of small-labeled drawers of different herbs, since almost all herbs are dried, storage is no problem and thus the strong aroma. There are approximately 13,000 different herbs and resulting with over 100,000 recipes.

It is quite an art to see the TCM herbalist combine the ingredients, which used to be measured out on tiny traditional balance scales (although now you will see more electronic scales) after a diagnosis which includes measuring pulse and inspecting your tongue and listening to symptoms. The recipes call for a combination of several herbs in a specific combination for individual maladies. This recipe is stewed or slow boiled for several hours or brewed in a double broiler. The more common method nowadays is the TCM hospital or clinic will prepare the final solution in pre-measured sealed plastic bags that the patient will heat individually as prescribed. For those of you that have been in China for a period of time, you will know that Chinese are not accustomed to drinking cold drinks.

All medicines and soups are consumed hot or at least at room temperature. The thought of drinking ice-cold water with meals

or even on hot days is considered bad for the digestion. Especially during the winter season, you will not find cold items available in the corner store and make sure you ask for cold beer or they will bring you room temperature beer and think you are doing harm to your body to even think of drinking ice-cold beer in cold weather. Hot summers may bring about more understanding but most locals will prefer a warmer drink and seldom use ice.

TCM is based on the principle of Yin and Yang 阴阳, the Yin being the shady side and Yang being the sunny side. The Yin being the cold or wet and passive and Yang is hot, dry

THESE INCLUDE RHINO HORN AND TIGER BONES, BOTH, WHICH ARE NO LONGER LEGAL TO COLLECT AND PRESCRIBE.

and more aggressive. Although these descriptions are at far ends of the spectrum, a healthy body should be a balance of the Yin and Yang. All foods, herbs and life conditions are classified using the theory of the Yin and Yang.

In TCM, the temperatures are classified as "Four Natures" 四气 Si Qi and the four categories are: hot (热) Re, warm (温) Wen, cool (凉) Liang, cold (寒) Han or neutral (平) Ping. Hot and warm herbs are used to treat Cold diseases, while cool and cold herbs are used to treat Hot disease. This is quite complicated to Westerners but a simple example would be if you have blisters in your mouth and a fever, and have been eating a lot of fried foods, peanuts and fruits such as oranges, durian, dates, cherries, etc. would put your body on the Yang or Heat side. Feeling

sluggish and cold and poor blood circulation after eating too much watermelon, bananas, persimmons, kiwi etc. would have you on the Yin or Cold side. Neutral fruits are peaches, apples, grapes and pineapples. The key is to be in balance, too much of one will put you out of balance and when you are, a TCM doctor will recommend a remedy based on your personal needs.

Flavors are also another way of classifying TCM herbs, called The Five Flavors, sometimes also translated as the Five Tastes, are as follows: acrid/pungent (辛) Xin, sweet (甘) Gan, bitter (苦) Ku, sour (酸) Suan, and salty (咸) Xian. A flavor implies certain properties and therapeutic actions of a substance: saltiness "drains downward and softens hard masses"; sweetness is "supplementing, harmonizing, and moistening"; pungent substances are thought to induce sweat and act on Qi and blood; sourness tends to be astringent in nature; bitterness "drains heat, purges the bowels, and eliminates dampness".

Some herbs you are probably familiar with are Ginseng, GouQi 枸杞 or Wolfberry, and Cinnamon. There are two types of Ginseng, Red or Eastern Ginseng, this type is found in Jilin Province and Korea and is considered on the Yang or Heat side, the other type is North American Ginseng which is Yin or Cold so each have different properties and uses. There are also several controversial animal products that were used in the past that are now being controlled or banned by the Chinese government and the TCM practitioners. These include Rhino horn and Tiger bones, both, which are no longer legal to collect and prescribe. Bear bile is another item that is strictly controlled.

As with any medicine and relating to health concerns, make sure you visit with a qualified medical doctor to properly assess your present health condition before proceeding with a regiment of TCM and should not replace existing Western



Balance scale for measuring herbs

medications without proper professional consultation.

In addition to herbal medicines, there are several physical practices that are unique to TCM. Acupuncture is the most well known and is practiced widely in North America and Europe and recognized as a useful therapy and qualifies under most medical health plans. It is even used in animals with excellent success. When my dog was suffering from arthritis in her later years, regular treatments of acupuncture helped ease her discomfort and I am sure extended her life, she lived 17 years. Acupuncture is from Latin and means Needle Puncture in Chinese, it is Zhen Ci 针刺,

For most people, the idea of being punctured by a needle is quite frightening but administered by a professional, it is not so bad and safe because needles are very thin, disposable one-use and performed in a very hygienic manner. It becomes interesting when the practitioner twists the inserted needle while imbedded, to increase its effectiveness. Also associated with acupuncture are Fire Cupping or BaGuan 拔罐 and Gua Sha 刮痧.

The first is performed with glass or bamboo cups and a fire wand is inserted in the cup to heat up the air, the cup is quickly placed on the back and once the sealed hot air cools, it creates a vacuum and this suction is supposed to move the stagnant blood flow

ACUPUNCTURE, FIRE CUPPING AND SKIN SCRAPING TEND TO SEPARATE THE MEN FROM THE BOYS.

and improve the body's Qi 气, or energy flow. The second is GuaSha, which literally means Scraping Bruises and basically has the same effect of improving blood circulation and releasing stagnant or bad elements from the body. Both techniques leave distinctive red bruising that lasts several days but when done properly, is not very painful. Again, make sure you see a qualified practitioner.

The final component of TCM is TuiNa 推拿. It is a form of therapeutic massage; the name literally means Push and Grasp. It is usually more aggressive or stronger than an ordinary massage. The practitioner may brush, knead, roll/press, and rub the areas between each of the joints, known as the eight gates, to attempt to open the body's defensive (wei) Qi and get the energy moving in the meridians and the muscles. Best to go easy on the initial treatments until you can get used to the regular treatment.

How Western and Chinese Medicine can Work Together? As mentioned earlier, TCM is

not meant to replace conventional medical practices but be used with Western style medicine. There is no substantial research or trials that prove the results of TCM although it has been practiced for thousands of years and if you visit a TCM hospital, clinic or retail outlet, you will see that business is brisk. Most are Chinese customers but there are also expats trying TCM. JinMag asked for some expat experiences with TCM.

Michael has been a resident in China for the past 10 years and spends half his time here and the other half in the Eastern USA. He is 60 years old and is married to a Beijing girl. He is very careful with his health and follows a rigorous program of organic and safe foods. He feels that TCM fits very well with his health objectives because of the natural approach of TCM since its herbs are natural, Acupuncture and Massage Therapy is also non-invasive and very traditional. He has visited Tong Ren Tong TRT 同仁堂 which is China's largest and oldest TCM retailer, established in the 1600's and has hundreds of stores throughout China and internationally. Hong Kong Billionaire, Mr. Li Ka Shing is the second largest shareholder and has several joint ventures with TRT. Michael has visited TRT to buy herbs for insomnia and other minor problems and finds that the prescribed herbs work quite well but need to be given time. In contrast Western medicine tends to work quickly but is usually artificially produced with a chemical base. Michael does not speak Chinese but has experienced no problems with TRT, as there is usually someone available to communicate with him in English.

Jordi is from Barcelona and has lived in China for over 30 years. He has used Acupuncture several times to help with muscle soreness and headaches. He also had a scary instance of blood from his throat. After being treated by a conventional doctor, there was no relief. But thanks to visiting a TCM Hospital where Acupuncture and Herbal treatment was prescribed, his symptoms disappeared after a month. He feels it was a combination of both types of approaches because he used them simultaneously. Jordi speaks fluent Mandarin so doctors' instructions and use of herbal treatment was no problem.

Jean Pierre is a Canadian and has been in China two years. He has tried Acupuncture to

help with muscle aches and a hearing problem. He also tried Acupuncture for weight loss. The first two ailments were resolved but alas he is still overweight and blames the abundance of Chinese foods that he finds difficult to avoid. His Chinese is very rudimentary so he needs a Chinese friend to accompany him with during initial visits and subsequently has the same friends write Chinese instructions and translate the doctor's prescriptions. He also states that if he or his family has a serious illness, he will rely on conventional treatment and medicines. TCM is regarded as a preventative approach. The other advantage of TCM is that it can be covered by his medical insurance as long as the visit is provided at a certified facility.

As noted by the experiences above, expats seem to be agreeable to TCM. Of course most tend to be more concerned about the results than anything else. TCM may be effective at helping people with pesky problems that a few doses of OTC medicine fail to fix. Expats in China are perhaps even more open to TCM due to the fact that the average Chinese local has a very positive view of it. Pretty much ask any Tianjiner and they will say the same thing about TCM: 'It is very effective, just slow'. Compare this to investigating TCM overseas, where one's neighbors, workmates, or family may or may not support such "alternative" medicine. Taking TCM in China is totally "normal". Pulling out your little Chinese medicine pouch, heating it up, and drinking it won't be the least bit unusual.

The fact that TCM is more socially acceptable in China is but one of the positives. Expats also may see exploring TCM as an option to truly understanding China and Chinese. The Chinese language and culture is deeply interwoven with core principals of TCM. Therefore, expats are pretty much required to have some basic knowledge of TCM if they intend to "understand" locals, be it linguistically or mentally. While TCM is growing in popularity abroad, certainly it is nowhere near as common as in China. When walking the streets of China sometimes it feels like at every block there is a medicine shop where TCM can be purchased. Not to mention even the biggest of hospitals where major surgeries are being performed will likely also have a TCM department. Within this department



Tui Na

Photo by Jane Liu

there will be a specific TCM doctor who handles prescribing TCM which is meant to work in harmony with the body, helping patients heal or recover faster from surgery.

Indeed most expats in China seem to have a fairly positive view of TCM. Having either personally tried it, or at least being open to trying it. Drinking "bitter" TCM medicine is often a treatment that is tried early on. Massage is another option that few expats take issue with. However more aggressive deep tissue massages or TuiNa (推拿) mentioned earlier may not be for everyone. Acupuncture, fire cupping and skin scraping tend to separate the men from the boys. Curious expats may bow out when these

three treatments are suggested. One of the major barriers is that expats may fear the use of needles and the possibility of some type of injury. This is in contrast with locals who feel little to no inhibitions when it comes to these three therapies.

Chinese Medicine is certainly alive and well in Tianjin. One reason is that one of the most famous TCM hospitals in China is located in Tianjin. It is the First Teaching Hospital of Tianjin University of TCM (天津中医药大学第一附属医院). The name is a bit of a mouthful either in English or Chinese. Locals in Tianjin simply refer to this hospital as 附属医院, and we will herein call it the "TCM Hospital". The TCM Hospital has long been located near



Acupuncture therapy

the computer shopping district on Anshanxi Dao in Nankai district. Recently a brand new hospital was been opened in the Xiqing District of Tianjin. Both hospitals continue to operate at this time. Each location has several buses which get passengers within walking distance of the hospital entrance. It should be specified if getting a cab though, which location one wants to go to, either the new hospital or the old one.

In addition to the large scale Tianjin TCM Hospital, there are also a number of hospitals which have a TCM department within them. For example the Tianjin Nankai Hospital focuses on blended medical care. They use the best of Western and Chinese medicine. Expats seeking TCM can choose from the TCM Hospital which focuses on TCM and other hospitals around town which may have a different core business, but still provide TCM as a value added service. Which is better? If one asks the locals, the answer is typically all the same, it is all about the doctor. When it comes to TCM local Chinese tend to put more emphasis on the doctor than the facility. So while the TCM Hospital may provide TCM on a large scale, and offer greater variety in terms of TCM doctors to choose from, some patients may still choose to go to another hospital to receive TCM. Why? Most often because they like the TCM doctor at that particular hospital and the location is more convenient.

When discussing TCM convenience we come to yet another choice. Many apartment complexes have a small strip of stores outside their front gates, sometimes these are even inside the community. An example would be

the massive Shidai Aocheng (时代奥城) community in Nankai. There one finds some small privately owned TCM clinics. These private clinics may have as few as one TCM doctor on staff. The focus is on convenience. However, if the doctor is experienced, TCM care may be on par with the larger hospitals. A disadvantage of these small TCM clinics is that some may not be able to brew the medicine themselves onsite, or lack a full stock of all the ingredients. As mentioned above, the possible ingredients used in TCM can be overwhelming. It would simply be impossible for these small scale medical centers to have all such items on hand. Thus, while it might be easy to walk to the nearest TCM clinic, after the prescription for the medicine is written, one might end up needing to take a trip to another medicine shop or larger hospital to make the formula.

The cost of TCM varies. Depending on the course of treatment and how long it needs to be continued, costs can add up. For example one expat was given a supply of pre-brewed Chinese medicine which would last for 10 days and it was around 400 RMB. That particular TCM doctor suggested a 10 day on, 10 day off schedule. Based on such, that would be an expense of around 800 RMB/month in TCM medicine. Some doctors have quoted TCM treatments that would range from 1500-2000 RMB/month. So costs depend on the condition being treated, the type of medicine suggested and how long it must be taken. For this reason again the doctor is really important. Expats will want to do some investigating before committing to

any one treatment plan. If Chinese is limited, be sure to take a local friend. The cost for a basic TCM evaluation is usually pretty cheap. Perhaps something as low as 10-20 RMB for example, thus getting a few opinions before committing to buying the medicine and starting treatment is always an option.

Getting TCM treatment is a little different at the the larger hospitals. There it is required that patients first "get a number" (挂号). This means expats will need to take their passport, or have a Chinese friend go with them to help navigate the process. After getting a number and waiting for it to be called, the examination will begin. Most exams take place in a little examination room. Expats should not expect "medical privacy" as they may be accustomed to back home. Depending on where one goes, the mere site of an expat getting a TCM exam will draw many a curious folk to come over and see what's going on. Oddly, the doctor typically will not ask these people to leave, but rather just continue with the exam. One American expat reports during their exam, several different hospital staff members "popped in" to see the foreigner. None of them had any real business being there though; they were just coming to see the "show".

The TCM exam normally is pretty nonintrusive, except when and if the doctor wants blood samples taken for additional testing. Such as at a larger facility or where Western and Chinese medicine is being used in concert, the doctor may request blood and even urine analysis. From a true traditional Chinese medicine standpoint though, blood

would not be taken. Instead the doctor would rely on looking at the patient, especially examining the eyes, skin, and tongue, along with taking the pulse in order to make a diagnosis. Some will take blood pressure and even ask to see the area where pain or discomfort is being experienced. After asking some general questions as to the condition, a diagnosis and TCM prescription will be given. In smaller clinics this might just be a slip of paper with some scribble on it. Larger facilities may use a computer system to send the requested ingredients list to the lab, which likely is onsite, at which time the medicine is brewed. The patient will then wait about an hour and out comes a supply of single serving vacuum sealed liquid Chinese medicine bags.

As discussed herein, traditional Chinese medical has a long history, much like the rest of China. It includes the use of herbs, roots, plants, and countless other so called "natural" ingredients in the concocting of various formulas which are in most cases taken orally in liquid form. In addition to boiled brews of Chinese medicine there are also many "hands on" treatment types. These include scraping the skin at a rapid pace to let internal toxins come out, or the fairly wild looking process of sucking sections of skin up into little glass cups. Regardless of which type of TCM is chosen, expats should do their homework and only get treatment at fully licensed, reputable clinics. No matter how convenient or cheap avoid that little hole in the wall shop claiming to cure every disease known to man. Take the opportunity to learn some Chinese along the way too. Perhaps this way, not only can expats improve their health but even their linguistic skills along the way.

中医就诊指南

中医有几千年的悠久历史，随着中国在世界舞台上的知名度日益增长，西方世界对中医中药的接受度也日渐增加。

中医的核心治疗方法包括服用中草药、针灸、气功和推拿。每次走近中药店，你都会闻到浓烈的中药味道。其实走进去看看也很有意思，因为药店里有成百上千个贴着标签的木抽屉，每个抽屉里都装着一味中药。这些草药都是经过干燥的，易于保存，而且散发着浓烈的味道。据说中医里一共有一万三千多种不同的草药，可以搭配出超过十多万种药方。

配药师配药也像是一门艺术。根据传统，药师根据医生的药方用小秤称出每味药的剂量，然后混合在一起。配好的中药用小火慢煎若干小时。不过现在人们为了方便，都让医院的药房煎好装在密封小袋里，回家加热后服用。因为中国人不能贪凉，凉水都很少喝，喝药更是要加热了。所以在中国，冬天你很难买到冰镇啤酒，他们会认为你很“作”。这就是中西方对于健康养生一个观念上的差异。

中医以阴阳平衡为基础，世间万物都有其阴阳属性。在中医里，温度分为“四气”：热、温、凉、寒（或平）。热和温的草药用来治疗寒症，凉和寒的草药治疗热症。对于外国人来说，这些概念有些复杂。简单来说，如果你发烧，嘴里起水泡并且吃了太多的油炸食品、坚果或是橘子、榴莲等容易上火的水果，你的身体就会阳气过剩。当你感到慵懒乏力，身体发冷或是血液循环不畅，这就是阴气过剩的表现。所以医生就要采取措施让你体内的阴阳平衡。

中医还把草药的味道分为辛、甘、苦、酸、咸。每种味道都有各自的治疗功效，比如咸味药材可以有助排泄，软化硬块；甜味能够补血、补水、平衡身体；辛味药材能够发汗，促进气血；酸味药材是天然的止血剂；苦味药材能够祛热、清肠、祛湿。

外国人比较熟悉的中药材有人参、枸杞和肉桂。人参也分不同品种，红参产自吉林省和韩国，属阳性；产自北美的西洋参属阴性，用途不同。另外还有一些极具争议的动物药材，比如犀牛角、虎骨和胆汁，现在已经被禁用或控制使用。

除了用药，中医还有一套物理治疗法。针灸是最为知名的中医疗法，在北美和欧洲都被公认为有效的治疗手段。但是对外国人来说，在身体上扎针听起来还是有点恐怖。但由专业的医师来施针并不会造成伤害。除了针灸，还有拔罐和刮痧，也是常见的治疗和保健手段。

拔罐是把玻璃或竹罐的内腔用火烧热，然后迅速扣在背部，罐内的空气冷却后产生吸力，可以促进血液循环和体内气的流动。刮痧同样是刺激血液循环、化瘀排毒的手段。刮痧后留下的红色淤痕可能需要一周才能全部消失。推拿是比一般按摩力度更大的疗法。通过擦、揉、滚、压、搓等手法，能够打开身体的防御体系，让“气”在经络和肌肉间流通。很多在中国生活的外国人曾经接受过中医疗法。

外国人对于中医最关心的肯定还是疗效。人们相信对于一些疑难病症，中医可能比西医更加有效。如果你问中国人关于中医的看法，他们通常会说：“中医肯定是管用的，就是慢！”对外国人来说，能了解并接受中医首先要了解中国文化和中文，而在中国的日子就是你了解中医最好的机会，因为中国人普遍对中医接受，中药店也随处可见。

在中国的外国人可能多多少少体验过中医，最初可能是吞下苦涩的汤药或是接受中医按摩。但是针灸、拔罐和刮痧就不是人人敢尝试的了。光是听这描述，很多人都吓得腿发软，不可能像本地人一样淡定。

外国人如果想看中医最好去大医院，比如天津中医药大学第一附属医院，这是一家专门的中医医院。在一些综合医院里，也有中医科或中西医结合科。到底应该选择哪家医院呢？中国人可能会说，关键在于医生。所以他们信任的往往是某位大夫，而不是医院。

在一些大的社区，还会有一些小型的私人中医诊所，可能只有一位大夫坐诊，但病人来这图的是方便。如果这是位有经验有资质的大夫，治疗效果可能和大医院差不多。但小诊所的一个劣势是药品不全，也不能代客煎药。所以很多时候，患者需要拿着大夫的处方去药店配药。

看中医的费用和疗程长短有关。10天一疗程的中药大概花费在400元左右，而实际诊疗费用并不贵，只有10到20块钱。但是，你不要对隐私这件事太较真。大夫的诊疗室大门都是敞开的，给你看病的时候还会有其他患者在旁边等待。尤其当你一个外国人来看中医，人们更会好奇地过来围观你。这时候大夫一般不会让人们散开，只是继续看他的病。

中医是非侵入式治疗法，通常只有望闻问切，观察病人的眼睛、皮肤、舌苔、舌苔，给病人诊脉。在询问病人的病情之后，医生就会着手开药了。个别情况也需要量血压、验血验尿。如果你需要医院代为煎药，你还要等上一个小时。

要接受哪种中医治疗除了听医生的建议之外，外国人自己也要提前做功课，对每种疗法有一定了解，并且到有资质和知名度的诊所就诊，切不可贪便宜图方便去那些号称包治百病的无证诊所。了解中医的过程中你的中文也会大为长进。

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ARTHUR AND THE CHINESE MICRO-BREWING CRAZE

by Bryce Cristiano

Beer isn't something of an untapped market in China. In a land as industrious and densely populated as China, it's no wonder why China leads the entire world in beer production. With such well known international beer giants like Tsingtao, Snow, Harbin, Yangjing, and Laoshan; it's no surprise that macro-brew beer rakes in so much cash for the Chinese beer economy. According to a Bloomberg study around 2011, China

consumed 110 billion pints of beer; putting it well ahead of the competition. As the Chinese economy rises, so does the consumption per capita and so does the value of its' beer with some estimates stating that China is poised to be the largest beer market by 2017.

We've talked many times in this publication about how the up-and-coming Chinese middle-class is gaining the wealth and free time to engage in new hobbies. These usually take the form in more "Western" things

such as golfing, frequenting whisky clubs, buying fine tobacco, etc. It appears that different forms of alcohol are becoming quite popular amongst Chinese, especially with the growing support of craft beers. While many are content with the Chinese macro-brewed giants; there are those who want to sit back and enjoy a beer with tastes outside of the norm. We've seen plenty of establishments making craft beers popping up left and right across the country, even with the local YY Beerhouse establishing their own brewery right in WuDaDao.

To get a better idea of how craft beer and brewing has been influencing China, I sought out Arthur Pottenger who has had a world of experience with brewing in China. Arthur Pottenger is a well travelled individual. Hailing from the United State of America, he has spent time in Thailand, Europe, Laos, and Vietnam; as well having lived in China during the past four years. During my own stay in Tianjin, Arthur is a figure who always managed to appear in all the places I write about. From budding whisky clubs to working at the YY Beerhouse. When artisan alcohol was involved, this man was on the case. Having picked up brewing during a Christmas visit to his family in 2013, he has turned a hobby into a passion.

Brewing his own beer has helped him learn a great deal over the past year. From being able to utilize the metric system (something which most Americans have trouble with), learning the virtues of the patience involved in the process, and about how important organization is. "I started off virtually knowing nothing about beer, now I have general understanding of the whole process from barley to glass." While beginning any new hobby can seem like a daunting task; you only learn through mistakes, patience, and applying your new-found knowledge. When asked about what he feels are the best aspects of craft beer he explained that the greatest thing is the inherent culture of sharing. The small breweries that we see popping up in China don't normally reflect your average bar. The emphasis is certainly on the connoisseurial aspects of imbibing beer. While you can





Arthur and Li Wenzhong Owner of YY Beer house.

WHILE BEGINNING ANY NEW HOBBY CAN SEEM LIKE A DAUNTING TASK; YOU ONLY LEARN THROUGH MISTAKES, PATIENCE, AND APPLYING YOUR NEW-FOUND KNOWLEDGE.

certainly get drunk on craft beer, that's not the absolute imperative. Instead, the magic is in sharing what you've created and getting to experiment with different tastes. "There is no room for selfish drinkers or brewers in craft beer. A six pack is meant to be shared with friends." Which is certainly true.

Craft beer has opened up something which tends to be pretty lackluster in Chinese markets, creativity. The reason why people may be drawn to trying craft beer is to get a new taste that they normally wouldn't find in the store. The reason why hobbyists and brewers may be drawn to craft beer is for the chance to create something entirely unique. If you want to make a successful craft beer that people will enjoy, it's going to push you as an artist to imagine new flavours. From chili flavoured beers to maple coffee bacon porter, there's certainly no running out of ideas within the craft community. With China now breaking into the scene and applying their own unique palate to brewing we could see anything from anise and ginger porter to a JianBingGuoZi Stout. While the latter sounds admittedly disgusting, it wouldn't be too strange given the pizza flavoured beers of the U.S.A.

Although the scene for craft beer is developing Arthur feels that it might be going a little slowly right now as people start to branch out. "I think most serious Chinese beer

drinkers are still stuck on the idea that German or Belgian beers are the best. While those beers are excellent, they are also very traditional and you don't get the same variety that you do with craft beer."

There will certainly be that dilemma over the next few years. Although drinkers will want to delve into other beers than the typical macro-brews; most people may just fall into the tradition and time-tested flavours of German/Belgian beers. Arthur has enjoyed seeing what kind of different things the Chinese craft brewers are making and also trying to figure out which flavors Chinese people would prefer.

Playing a big role in his recent development in craft brewing has been from the owner of YY Beerhouse, Li Wenzhong. Having gotten into the business of craft beer for the passion, rather than making more money; Li Wenzhong has helped create a kind of community center in Tianjin for craft brewers. "Working there I got to see the inner workings of a bar and how professional brewers plan their business, I even got to use the professional equipment to brew my own beer. It gave me a lot of ideas—I plan to open my own microbrewery/hostel as a retirement plan." This trade-off between the owners of breweries and the people who brew at their own homes is crucial for the new craft beer craze. Micro-breweries can supply the people with new beers and open up their facilities with workshops that include local talents who may not have the money to throw down on their own professional equipment.

Despite having recently moved to Shanghai, Arthur thoroughly enjoyed his years in Tianjin. There seems to be a unanimous consensus among foreigners that Tianjin serves as a great city to relax. The slower paced city makes it easy to sit back and enjoy a cold

beer during this coming summer. With craft beer sweeping China and Tianjin, it wouldn't be all too surprising to see a wave of craft beer festivals and new breweries hitting the streets. Even for all those who don't have an interest in brewing, it's great to see the process in action and to share in a drink that's one of a kind. Foreigners have certainly had a huge presence with supplanting craft beer in China and now we will all get to reap the benefits by having a plethora of new alcohol to dive into.

把创意融入啤酒

啤酒在中国是一个巨大的产业，也诞生了如青岛、雪花、燕京、哈尔滨等知名啤酒品牌。有专业机构预测，到 2017 年，中国将成为世界上最大的啤酒市场。

之前我们也经常提到中国正在崛起的中产阶级在培养新的情趣，尤其是国外传来的新事物，比如打高尔夫、品威士忌、抽雪茄等等。在饮酒上，人们的选择越来越多，精酿啤酒也是近两年来日渐流行的事物，因为除了大牌子的啤酒，人们越来越想尝试一些非传统的口味。

Arthur Pottenger 来自美国，是个喜欢云游四方的人。在欧洲、泰国、老挝和越南生活过之后，他又在四年前来到中国。他经历了精酿啤酒在中国从无到有的整个过程。在天津生活的这段日子里，Arthur 混迹于外国人喜欢的各个餐厅和酒吧。在位于五大道的粤园啤酒坊，Arthur 找到了知音，因为他早在 2013 年就开始制作精酿啤酒，并从喜欢发展成狂热。

学习酿制啤酒并不简单，需要极大的耐心，在错误中学习，积极实践学到的新知识。Arthur 认为酿制啤酒最有意思的是分享。喜欢精酿啤酒的自然都是好酒之人，但并不是求得一醉，而是彼此分享自己的配方，尝试不同的口味。“在精酿啤酒的世界里容不下自私的人，六瓶装的一套精酿啤酒肯定是要和朋友分享的” Arthur 说道。

精酿啤酒需要的是创造力，而这正是在中国比较缺乏的。人们被精酿啤酒吸引的原因就是尝试一种“只此一家”的口味。酿酒爱好者被它吸引是因为能够充分发挥自己的创造力。如果你想酿制一种所有人都称赞的啤酒，你必须想像一个艺术家一样打造全新的口味。在这里，创意永远不会枯竭：辣椒味、咖啡味、枫糖培根味，在天津也许还会开发出煎饼果子味的啤酒。

Arthur 认为，精酿啤酒在中国的发展可能会比较缓慢，他说：“我认为大部分中国的啤酒爱好者还认为德国和比利时的啤酒是最好的。虽然这些啤酒确实不错，但遵循的依然是传统口味，多样性远不如精酿啤酒。” Arthur 想要看看到底中国人最喜欢哪种精酿啤酒的口味。

粤园啤酒坊的老板李文中是 Arthur 的知音，他不但在天津首创精酿啤酒的酿造和售卖，还鼓励爱好者使用他的设备，实践自己的配方。Arthur 因为热爱精酿啤酒，甚至来粤园打工。他说：“在这里，我了解了酒吧的内部运作和专业的酿酒规划，我甚至可以使用这里的设备酿我自己的啤酒。”这样的资源置换对发展本地的精酿啤酒事业是非常关键的。

正像所有老外一致认为的那样，天津是一个安逸的慢节奏城市，非常适合发展精酿啤酒。即便不是所有的人都对酿造感兴趣，但有人能够欣赏精酿的口味也是值得庆幸的事。相信外国人会是推动精酿啤酒发展的主力军，我们拭目以待吧！



Tianjin Taxpayer Service Hall.

TALLYING TAXES IN TIANJIN

by **Carmen King**

“Nothing is certain except death and taxes” so stated the famous scientist Benjamin Franklin. Many expats can attest to the truthfulness of these words. Especially in the United States does this statement ring true, as the requirement to pay taxes every year by April 15th is etched in the psyche of all like “returning home” for Spring Festival is for the Chinese.

Taxes are famously complex overseas. Likewise no one seems to be thrilled to pay them. Expats perhaps have memories of getting a pay-stub only to see how much was taken out for taxes leaving them feeling like a deflated balloon. Self-employed persons don't get to skip out on the tax fun either. In most cases, working for oneself makes taxes even more tedious. Instead of an employer taking out taxes on behalf of employees, which

makes an annual tax return pretty straight forward, people running their own businesses must take the time to track all expenses, and put aside money for taxes or be caught in a real pickle come the time when taxes are due.

Expats coming to Tianjin for work need to be aware, even here, taxes are no less “certain”. It is not that tax laws and requirements don't exist in Tianjin. Rather, it is that many are simply unaware. The average local citizen may know little to nothing as to when and how expats need to pay tax. Expats

EXPATS COMING TO TIANJIN FOR WORK NEED TO BE AWARE, EVEN HERE, TAXES ARE NO LESS “CERTAIN”.

should not take asking a Chinese teacher or any other non-professional local pal about taxes as any real indicator of what tax liability may or may not exist.

Tianjin has many tax professionals which can be consulted. These tax agents often work at places called “会计事务所 kuàijì shìwùsuǒ”. Finding a good one is. Once one knows what they are looking for, and can recognize these Chinese characters out and about, it is likely they will be spotted all over town. Finding a tax agency isn't the trouble. Find a good one is. Much like back home, a good accountant can make all the difference in the world. First, they help make sure taxes are paid on time. Second, they ensure the correct amount of tax is paid.

There are a number of things that expats should be aware of when it comes to paying taxes in Tianjin. Note, this article is not giving any professional advice, and makes no guarantees when it comes to exactly what tax an expat is required to pay. Instead the column hopes to remind expats that just because it might appear that taxes are handled “differently” in Tianjin it doesn't mean they aren't handled. It would be a tragic mistake for expats to come here looking to rake in some cash without paying proper

SO WHEN YOU RECEIVE CASH AS PAYMENT FOR SERVICES THAT DOESN'T MEAN THAT THERE IS NO RECORD OF WHO WAS PAID, WHEN THEY WERE PAID, AND HOW MUCH WAS PAID.

taxes.

Expats need to be particularly careful when handling cash jobs. After all, while it might be thought this keeps income "off the books", never forget the possibility of somehow that "cash trail" leading back to you. Companies typically have to record every expense that goes out the door. So when you receive cash as payment for services that doesn't mean that there is no record of who was paid, when they were paid, and how much was paid.

This is a good opportunity to discuss the difference between reporting income and actually needing to pay taxes on income. There may be some relevant income thresholds for expats. If these thresholds are not exceeded, expats may be required to report their income, but not required to pay any tax. As to the specifics of how much these thresholds are and if they apply? Again, be sure to contact a trusted local accountant for the answers. At a minimum though, expats should be aware that there typically is some sort of requirement to report any and all income to the local tax authority. There is a process whereby expats can register themselves at the local tax office. Thereafter each month they can report their income.

Expats working for legitimate firms with their own in house accounting department may find this entire issue of taxation far easier to deal with. After all these companies may like those back home take care of taking out the taxes for you. That means the money you get is your "post-tax" or net pay. Plus in many cases this type of employer will on behalf of their expat employees register them with the local tax office and handle the monthly reporting. Exactly how taxes will be handled is often an indicator of just how legit a business is. Expats should add tax related questions to their list of things to consider when looking for a job in Tianjin.

A key detail is this. Expats making money

in Tianjin may have tax liability both in Tianjin and back home. Plus these liabilities are likely very different as we are talking about two totally different countries. It is quite possible that an expat working in Tianjin would need to have two good accountants, one that handles their taxes back home and one that handles their taxes in Tianjin. Tianjin taxes may be as simple as reporting them, and paying nothing. Or there could be some tax due, in which case of course the expat needs to make arrangements for payment. Likewise money earned in Tianjin could create filing requirements back home and additional tax payment.

With the establishment of the Tianjin Free Trade Zone there is a huge possibility that more expats will consider opening a business in Tianjin. If so, don't forget with the setup of a Wholly Owned Foreign Enterprise (WOFE) also comes additional tax responsibility. As the founder of the company, the expat would again be responsible for filling the proper tax reports and making appropriate payments. Plus, the old "double taxation" could occur. Whereby tax on income must first be paid by the company, and then after it is paid to the expat in the form of "salary", the expat must again report it as personal income and possibly be subject to further tax.

So see that, Mr. Benjamin Franklin wasn't kidding when he talked about how "certain" taxes are. Even expats who have traveled to the opposite end of the world and arrived in Tianjin haven't escaped the requirement to file and pay taxes. As Tianjin continues to become more international, draw more investment from around the world, so too will the need to comply with various international laws. Expats should therefore have the expectation and goal of being a good law-abiding member of Tianjin society, which of course includes paying taxes.

Instead of taking an ostrich approach of burying ones head in the sand and hoping the problem goes away, take the time to start doing some research on Tianjin taxation. Reach out to those accountant professionals around you, and start asking good questions about what form of tax liability exists if working in Tianjin. So too, be sure to get a good accountant back home lined up. It is best that they are email and web savvy as much communication around tax time will likely happen via the internet. These two professionals will help plenty in successfully tallying taxes in Tianjin.



企业税务

本杰明·富兰克林曾经说过：“在这个世界上，除了死亡和税收，没有什么能确定无疑的。”这话一点也不假，尤其在美国，人们时刻将纳税日铭记于心。可以毫不夸张的说，美国人对这天的感情就好比中国人对过年的情绪一样。

外国朋友来天津工作或创业同样需要纳税，只是由于大多数的天津市民对纳税的知识不是十分了解，所以往往当你询问他们有关这一问题的时候，他们会显得异常茫然。想要了解和解决纳税方面的知识和漏洞，不妨请教一些专业的会计事务所。他们所能提供给你的要远远多于你从周遭朋友那里汲取的。天津并不缺乏会计事务所，但寻得一个地道的正规的好的事务所也并不是件容易的事。选择一个好的会计师，他能保证你的纳税及时以及纳税款项准确无误。很多时候，一个好的会计师是一个人乃至一个企业成功的关键因素。

外国朋友在天津工作，有时候会出现现金结算的情况。尽管现金结算并不在你的账本之内，但这并不意味着付款方不会标注清楚。每一个企业都会记录它所支出的每一笔款项，以此来作为纳税依据。借由这个机会，我们不妨讨论一下报告收入和实际纳税之间的差异。在纳税与不纳税之间，我们通常都会有一个点，这个点被称作临界值，在不超过临界值范围以内，外国朋友只需报告他们的财政收入即可；但如果一旦超过了临界值，那么外国朋友就需要缴纳税费。至于有关临界值的细节问题，建议外国朋友最好还是咨询相关的专业人士。你只需把自己的财政收入上报给他们，他们就会帮助你搞定一切税务程序。

如果是在企业正常上班的外国人，那么他们的纳税问题就相对容易很多。因为他们拿到手的工资已经是“税后”的薪水。在大多数情况下，企业会代替员工来帮助他们完成纳税问题。由此可见，一个企业处理税务的能力也恰恰反映了该公司的正规程度。所以当你有换工作或找工作的需求时，不妨也将这一因素考虑进去。

如此看来，当伟大的本杰明·富兰克林在谈论纳税问题的时候，他并没有和我们一起开玩笑。即便是你从遥远的另一端飞来了天津这边，纳税依然不可避免。随着天津国际化脚步的不断迈进，这里吸引了越来越多的投资商。作为一个有良知、有道德的公民，我们也必要遵循这里的法律。

与其花时间去想着如何躲避纳税问题，倒不如多花时间去研究，多多接触你身边的会计人才，好好向他们请教纳税相关问题。得到他们的帮助，才是你迈向成功的关键要素。



European Chamber
中欧商会

EUROPEAN CHAMBER IN TIANJIN

GM Dinner & Breakfast Briefing: A Long Way In A Short Time —Foreign Exchange Trends and RMB Internationalization

22nd and 23rd April, 2015

The recent increasing volatility in EUR exchange rate has impact on many European corporate and expats in China, also since the launch of RMB trade pilot scheme in 2009, RMB has gone through a long way in a short time. According to SWIFT, RMB has become the fifth most-used currency for global payments by 2015. Despite the RMB's increasingly international status, many businesses that trade with China have yet to embrace the currency.

The European Chamber Tianjin Chapter organized a dinner event for GMs on 22nd April and a breakfast briefing for working-level managers on the next day for a reviewing of the same topic "Foreign Exchange Trends & RMB Internationalization" with the experts from AZ Investment.



Factory Visit: Boeing Tianjin Composites

23rd April, 2015

The European Chamber Tianjin Chapter organized the second factory tour of this year to Boeing Tianjin Composites, this visit provided the insight into the joint venture of The Boeing Company and Aviation Industry Corporation of China and also a great opportunity to discussion questions directly with representatives from Boeing Tianjin. Total investment is 97mil USD, and register capital is 56mil USD, Boeing and AVIC. BTC is equipped with the most advanced aero composites material production machines, workshop and laboratory, and utilizes ERP, IQS systems for Material Planning, Capacity Planning, Finance Transaction, Relative Document & Order release.



Workshop: Official Launch of Tianjin Pilot Free Trade Zone —What is the impact to your business?

8th May, 2015



As the State Council released the General plans and unified Negative list of China (Tianjin) Pilot Free Trade Zone (Tianjin FTZ), it was officially launched on 21 April, 2015 and became one of the three new FTZs after Shanghai, the only FTZ in the northern part of China. Tianjin Municipal Government also worked out the FTZ Management plan based on the general plan and negative list, providing the guidance for specific measures on system innovation and major reforms within the areas. The plan will complement Shanghai's free trade zone, with its focuses on financing and leasing sectors and a key emphasis on high-end manufacturing.

How can the Tianjin FTZ distinguish from China (Shanghai) Pilot Free Trade Zone while leveraging on its successful experience and how this would bring opportunity to your business? The experts from PwC shared their insights with Chamber members and their clients, and invited Officials from Tianjin Airport Committee also offered the policy explanation in details.

The European Union Chamber of Commerce in China, Tianjin Chapter
中 国 欧 盟 商 会 天 津 分 会

41F, Tianjin World Financial Center, 2 Dagubei Lu, Heping District, Tianjin 300020.

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European Chamber
中欧商会

EUROPEAN CHAMBER IN TIANJIN

2015 EU Family Day

10th May, 2015

The annual EU Family Day Celebration came again in Hotel Indigo on 10th May, 2015. Despite of the heavy rain, this event still attracted more than 30 families with almost 100 people. Participants enjoyed the BBQ buffet and various family activities afterwards, Wine tasting for adults, Cooking lesson and Cupcake decoration for kids, swimming, filming and so forth. The families played around in this impressive German villas hotel for the whole afternoon.



The European Union Chamber of Commerce in China, Tianjin Chapter
中国欧盟商会天津分会

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Past Events

Tianjin Real Estate Committee – Fast Growth to Smart Growth in Secondary Cities

April 20 – Hotel Nikko Tianjin

The Tianjin Chapter Real Estate Committee gathered Monday afternoon for a discussion about industry opportunities outside of China's top cities. About 30 attendees gathered at the Hotel Nikko Tianjin to listen as Michael Hart (pictured), Managing Director of Jones Lang LaSalle's Tianjin office, presented findings from the firm's latest research report, called China60. The report assesses real estate opportunities across 60 of China's most important secondary and tertiary cities.

The greatest advances in the past few years came from China's West and Central cities, which the report attributes to a mix of government policy, infrastructure investment and the continued economic shift inland. Xi'an (Northwest), Guiyang and Kunming (Southwest), and Zhengzhou and Shijiazhuang (Central) are noteworthy improvers.

After the China60 discussion, Chelsea Cai, analyst at JLL, presented some Tianjin-specific observations from the report.



AmCham China Tianjin's Exclusive Tour Inside GE Healthcare Tianjin

April 23 – GE Healthcare (Tianjin) Co., Ltd.

An international group of 30 set out from AmCham Tianjin's office to tour the GE Healthcare (Tianjin) Co., Ltd. on April 23, which was the 15th stop in AmCham China Tianjin's series of company tours.

Michael Eggleston, General Manager of GE Healthcare (Tianjin) Co., Ltd. led off the event with a discussion of GE's present situation, future development and practices, and took us on a ground-level tour of the world-class facility. He informed us that the Tianjin plant focuses on diagnostic imaging production, such as x-ray and MRI machines. These products ship to the customers worldwide.



Upcoming Events

AmCham China, Tianjin 14th Charity Golf Tournament and Annual US Independence Day Celebration

Date and Time: 8:30 AM - 8:30 PM, Saturday, July 4

Venue: Tianjin Binhai Forest Golf Club and the St. Regis Tianjin

This year our 4th of July Celebration will include two activities: Our annual Charity Golf Tournament and our traditional Independence Day BBQ, including games and activities for the kids, live entertainment and lucky draw. (Note: the Golf Tournament Awards ceremony will take place during the BBQ dinner and buffet). Don't miss this opportunity to enjoy a great round of golf, a fantastic outdoor BBQ and make a difference in children's lives. **All proceeds will be donated to Tianjin Jian Hua Autism Rehabilitation Center.**

Golf Tickets: RMB 1100 *

* Entry fee includes golf green fee, facilities and caddies, registration pack, lunch on the course, all day cold beverages, return transportation and 4th of July BBQ Banquet and Independence Day Party and Awards Ceremony.

4th of July BBQ Banquet and Awards Ceremony Tickets:

Adults: RMB260

Member Children between 5 -12: Free

Non-member Children between 5-12: RMB120

Children under 4: Free

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TEL: 86-22-23185075 Contact person: Amanda He amandahe@amchamchina.org Website: www.amchamchina.org

THE FOURTH SYMPOSIUM OF CHINESE HUMAN RESOURCE SERVICES INDUSTRY AND THE FORUM OF TRAINING AND DEVELOPMENT WAS HELD IN TIANJIN



Registering on the Forum



Director general of the Bureau of Human Resources and Social Security of Tianjin, Mr. Kong Changqi was in inspection.



Mr Zhang Rulin, the director of Tianjin Human Resource Management Committee, the president of Northern Talent Market, made a speech for the meeting.



Mr. Xu Yongge, the executive president of human resource club, made a speech



Mr. Li Tianguo, the director of Labor Relation Office of China Human Resource and Social Security Ministry, made a speech named the Development and Innovation of Human Resource Service Under the New Normal



Discussions of the present guests of the private board

The fourth Symposium of Chinese Human Resource Services Industry and the Forum of Training and Development was held at China HR Development and Promotion Center in Tianjin on May 15, 2015. Eighty leading companies from Tianjin, Beijing, Shanghai, Hebei, Shenzhen, Nanjing and Qingdao took part in the exhibition attracting nearly 10,000 spectators from Beijing-Tianjin-Hebei region, who are government officials, industry leaders and chairmen, general managers, HR managers of the company, making the exhibition one of the most powerful human resources industry forum.

The symposium was sponsored by the Bureau of Human Resources and Social Security of Tianjin and HR club. As one of the parallel sessions of China-Tianjin Investment and Trade Fair, the symposium caught up the trends. Four parallel forums were held and shared by 21 addressors and conventioners, they are: Big Data, O2O and the Internet Thinking of HR, The Exploration and Practice of Technology Innovation of Human Resource Management, The Age of the Internet Training Reform, and Talent Strategy Leads the Development of Innovation.

One of the bright spot of this meeting is the grand opening of Human Resource Private Board, Human Resource Club introduced the most popular management and consulting method —private board into Tianjin. The members of the first board are all invited orientedly, including 50 people ranging from chairmen, general managers of famous foreign-invested enterprise, listed company, large state-owned enterprise and presidents of well-known business college, government officials to industry professionals. The first meeting elected Mr. Liu Yuanzheng, the vice executive president of Tianjin industry union, Mr. Du Kui, the vice president of China Youth Entrepreneurship Promoting Council, as the first session of presidents for private board, and Ms. Zhang Liying, the secretary-general of Human Resource club as the secretary of the board.

Topic A: the bonus of Chinese labor force has decreased almost to none, the cost of human resources has raised higher and higher, there is a tendency in the manufacturing industry saying that we should return to the age of automation! It is a choice to use robots and automated method to cut manual work. Another choice is that we can use more manual work

through the change of organization or adjustment of management. This is topic A. Problem A is whether we should return to automation, replacing human with robots, or we should make better use of human labor.

Topic B: with the employees becoming younger and younger, the 90s has become the main force. The 90s is a generation of uniqueness, they have their own working characteristics, particular ideas about sharing, equality and participation. They cannot fit in the present management. Our choice is to reshape them into the employees suitable for company and organization through management training or to comply with the way they are and change the operation method of the organization.

Thanks a lot for the participation of all the members, I believe the private board will arrange better topics more to the point in the future.

If you need more information about this meeting, please visit the website of human resource club on www.ti-hrclub.org

Special thanks to collaborative partners and support units

Special thanks to the volunteers for the meeting.



Past events

Seminar – Effective Hiring: Identifying, selecting & winning the right people for your company

Thursday, May 14, 2015

The German Chamber of Commerce organized a HR seminar designed for hiring managers and others who are involved in the recruitment process. Various surveys conducted among foreign companies in China show that hiring qualified employees is still considered as one of the top challenges in the Chinese business environment. A 'bad hire' will most likely increase your staff turnover, will cause high costs and has a negative impact on the organizational performance. Participants learned the key elements of an effective hiring process and how eventually to become a successful recruiter.

German Night in Tianjin

Saturday, May 16, 2015

More than 100 people joined German Night in Tianjin on May 16, 2015 at the 3 Kronen Brauhaus for a casual evening in a typical German atmosphere. The German Chamber of Commerce invited its members and friends to the German Night, which is one of the major social events for the German Community and everyone interested in German culture. The event already took place for the fifth time in Tianjin – with German buffet including Sauerkraut and Brezel, German music, a free flow of beer and lucky draw prizes including a model aircraft and a company visit at Airbus, several hotel vouchers as well as a voucher for 8 weeks of German language course from the Goethe Institute.



Upcoming Events

June 03, 2015 17:30-21:00: Networking Dinner in TEDA, Delights Restaurant&Bar

June 11, 2015 14:00-17:00: Workshop – Developing a Truly Global Leadership Team, The Astor Hotel Tianjin

June 12, 2015 18:30-22:00: Deutscher Filmabend: Fack ju Göthe, Paulaner Tianjin

June 15, 2015 15:00-17:00: Seminar – Official Launch of Tianjin Pilot Free Trade Zone: What is the impact to your business?,
German Chamber of Commerce Office

June 24, 2015 19:00-22:00: Kammerstammtisch, Drei Kronen 1308 Brauhaus

German Chamber Tianjin Office: Room 1502, Global Center, No. 309 Nanjing Road, Nankai District, Tianjin 300073

Tel./Fax: +86 22 8787 9249

Email: tianjin@bj.china.ahk.de Website: www.china.ahk.de

HR Management Combat Training Camp is the HR sharing session put forward by HRCLUB Management School since 2010. Mutual exchange, experience sharing and self-improvement are the aims of the session, and the guests who present here for sharing are senior HR directors and managers from club member enterprises. Each year, the selected sharing themes can all keep up with the latest trend of HR development, with the currently hottest HR management topics being fully mastered. By highlighting practical combat, operation and application and meanwhile sharing practical experiences, this session is dedicated to improving the specialized knowledge, experience and skills of HR practitioners.

In 2015, by integrating various superior resources, HRCLUB Management School selects five sharing themes concerning HR project management, stock ownership incentive, organizational development and other aspects, highlighting the practical operation and extensibility of HR work.

The arrangements are as follows:

Topics	Teaching time	Guest speakers
[Formation of legal thinking during the whole process of HR management]	April 24	Xu Yongge, Experts of labor law and corporate law
[Design and implementation of long-term incentive plan]	June 12	Liang Shuangyan, Nestle (China) Co., Ltd. Director of salary and welfare in the Greater China Region
[Role positioning and capacity building of HR business partner]	July 17	Liu Li, Scope International (China) Co., Ltd. CHRO
[HR innovation of internet era]	August	Miao Qing, The partner of Beijing Linkweb Power Enterprise Management Consulting Co., Ltd.
[Leadership development system and practice]	September	Liu Xia, Freescale Semiconductor (China) Co., Ltd. CHRO

(Arrangements of themes and guest speakers might be slightly adjusted as per the actual conditions)

Sincerely inviting HR practitioners and persons who wish to improve his/her HR management experience to join us, and after the sharing session, those people can obtain the course completion certificate personally signed by the guest speakers.

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Official Website: <http://www.tj-hrclub.org/html/index.aspx>

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Melbourne's expertise in Financial Services

Australia sits at the heart of the Asia Pacific region and has a mature financial services industry with strengths in funds management, pensions management and infrastructure financing and structural products. The industry is Australia's fourth largest industry.

The development of Australia financial industry in the past several decades bears great significance for the city of Melbourne. In 2012, Melbourne's finance and insurance sector boasted more than 900 establishments and employed around 60,000 people. Currently Melbourne is the dominant Australian location for superannuation and funds management. More than 50% of Australia's funds and pension assets are managed by Melbourne-based organisations and agencies. In addition, almost 120 fund managers operate from Melbourne;

The financial services sector in Melbourne comprises banks, stock brokerages, insurance companies, fund managers, and financial planners leasing, hedge funds, investment banking, and venture capital firms. In recent years, Melbourne's financial industry has grown rapidly and has taken a leading position among Asian countries.

Two of Australia's four biggest banks, the Australia and New Zealand Banking Group (ANZ) and the National Australia Bank (NAB) and many other financial institutions are based in Melbourne's Docklands district. The financial institutions have been able to take advantage of the redevelopment of this harbor-front area, to create purpose-built sophisticated buildings and financial

infrastructure.

Other leading global financial companies have also chosen Melbourne as home for their headquarters, including Goldman Sachs, Franklin Templeton, BlackRock, Standard & Poor's and Vanguard.

According to the Osbourne Consulting Group (financial advisory service provider), the size of Australia's managed funds and pension funds industry have exceeded AU \$1 trillion and they are expected to grow past AU \$2.5 trillion in the next 5 years. Of the AU\$1 trillion currently invested in Australia, AU\$400 billion is under management in Melbourne. All these convincing figures have demonstrated Melbourne's unmatched position in leading Australia's fund management sector. Now, cluster development is trending Melbourne's financial service industry, particularly in fund management, financial institution and education facility management.

China – another power house in Asia – is still transforming its financial industry from the planned-economy era to a market-based industry. Although China's financial industry is still emerging, the milestone achievements made in recent years carry profound and clear significance. As the biggest coastal and port city in northern China, Tianjin's strong economic growth, the rapid expansion of middle class, high savings ratio and the intention to grow the capital market have generated huge amounts of interest from foreign financial companies.

Against this backdrop, opportunities have emerged for Melbourne companies to enter China's financial market. For example, ANZ Bank has operated in China since 1986.

ANZ has continued to expand its footprint and remains one of Australia's largest investors in China with successful partnerships with the Bank of Tianjin and the Shanghai Rural Commercial Bank.

In November 2014, Prime Minister Abbott and President Xi announced the conclusion of negotiations for the China-Australia Free Trade Agreement (ChAFTA). ChAFTA is expected to open up opportunities in the financial services sector.

In the funds management sector, China will allow Australian securities brokerage and advisory firms to provide cross-border securities trading accounts, custody, advice and portfolio management services to Chinese Qualified Domestic Institutional Investors. The Australian Securities and Investments Commission (ASIC) and the CSRC have also agreed to strengthen cooperation and improve mutual understanding of Australia's and China's respective regulatory frameworks.

If you are interested in the abovementioned content and would like to know more about Melbourne's key expertise in financial services, as well as bank or financial institution head offices and organizations that have a regional presence in the city, please contact the Melbourne Office Tianjin, Senior Business Development Manager, Bonnie Shao, Email: bonnie.shao@melbourne.vic.gov.au, tel. 22 2313 6003.



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Tianjin Networking Club Event at Shangri-La Hotel, Tianjin

On May 19, TNC organized its second event in 2015 at Shangri-La Hotel, Tianjin. About 70 professionals and entrepreneurs attended the event. The event is organized by Jin Magazine, and co-organized by American Chamber of Commerce, European Chamber of Commerce, German Chamber of Commerce, Singapore Chamber of Commerce and Hong Kong Chamber of Commerce.

Hakan Ozel, General Manager of Shangri-La Hotel, Tianjin made a welcome speech to the guests and hosted the lucky draw session. The event proved to be another great success. TNC social event has become the most important and influential business event in Tianjin and we look forward to seeing you in June.

For more information, please log on: www.tjnetworkingclub.org or email: tnc@jinmagazine.com.cn



Writers Wanted

- *Got a passion for Tianjin?*
- *Want to share your China experience?*
- *Are you a veteran expat with tips and tricks of the trade?*
- *In tune with the expat community?*

JIN Magazine is looking for **freelance writers** to contribute articles to the magazine in all areas.

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Dancing with chinese students

LEAVING AMERICA FOR A BETTER EDUCATION IN CHINA

by Gregory Troutman

This is now my third year in China and I am thankful for the opportunities my family and I have here. We came from the United States where I spent 18 years as a high school teacher in a public school in Pennsylvania. I had witnessed, first-hand, the deterioration of public education in America and had to do something to give myself, my wife and my two kids' better opportunities. It just so happened that my kids were studying China in school and our whole family was charmed with the culture and beauty. My wife and I targeted China and I found a job at an International School in Teda. Sans pollution, we like it here very much.

In my opinion, the main reason for the downfall of American education is the No Child Left Behind Act of 2001 (NCLB) by President George W. Bush. This Act required all 50 states to develop assessments in basic skills. To receive federal school funding, states must administer these assessments to all students at select grade levels. All public schools rely heavily on federal funding. The problem is that

testing is designed to make sure all students reach minimum skill levels. There is no requirement beyond this "average" level. If schools want federal money, they must show all their students are at least average. If they don't meet this standard, schools are punished. If the school's results are continually poor, steps are taken to improve the school. A school could be publicly labelled as "in need of improvement" and must make an improvement plan for the subject that the school is not teaching well. Further penalties could range from the replacement of

A SCHOOL COULD BE PUBLICLY LABELLED AS "IN NEED OF IMPROVEMENT" AND MUST MAKE AN IMPROVEMENT PLAN FOR THE SUBJECT THAT THE SCHOOL IS NOT TEACHING WELL.

administration and/or teachers to closing the school down. This happened in Philadelphia where schools were closed and a private organization was hired to replace them. As you can imagine, the administrations of schools feel their reputations are based solely on their test results. School administrators put pressure on school principals who put pressure on teachers. Some schools even proposed tying teacher's salaries to their students' performance. And the best way to score well on the test is to "teach to the test." I watched challenging curriculum be shaved down to match the test. What was the hardest to swallow as a math teacher was that difficult, abstract, high-level concepts were dropped just because these concepts couldn't be tested on the exam. As educators, we learn to use high order thinking to challenge our students. NCLB was more about assessing basic knowledge. It encourages teachers to teach a smaller subset of skills that the school believes increases test performance rather than focus on deeper understanding of the overall curriculum.

Independent Schools in the United States do not have to adhere to NCLB because they receive their funding from tuition and not the government. Therefore, Independent Schools are, generally, at a high standard. The problem is they are too expensive.

More negative effects of NCLB is that programs not essential for achieving mandated minimum skills were cancelled. Schools have dropped music, art, and foreign language, among others. I watched funding for gifted education disappear both in the school I taught in and the school my children went to. Before NCLB, gifted students' educational needs were met by giving them enrichment like taking a college course or learning subjects like Marine Biology, Engineering or Nanotechnology. After NCLB, funding stopped and gifted students were left behind.

The results for NCLB have shown that it is not working. The ranking of the United States among other countries has not improved. In fact, it has gotten worse. Among 65 countries, the United States currently ranks 36th in Math, Reading and Science. Asian countries rank the highest with China, Singapore and South Korea in the top 5.

NCLB was not the only reason to search for better options. Safety in American schools is not guaranteed. School shootings have become common. There is fear among teachers and students. You should not be teaching a class and, when disciplining a student for misbehavior, have to think about their possible retaliation. And having teenage

children, it is worrisome that, in general, the pressures they feel are not from learning but rather drugs, alcohol, sex and socializing. I am lucky that I have kids who do love learning and have avoided outside pressures. Their priorities are to get a great education and see the world.

When we decided to come to China, we were looking for an International School with a rigorous curriculum, strong values and extracurricular opportunities. We found this in Teda and have thrived here. In fact, we originally thought we were going to move on to another country after one year. We liked it so much, we have decided to stay until our kids graduate. They are currently in tenth grade. They have the opportunity to take more than 10 Advanced Placement (AP) courses before graduating and the expectations of students is at a high standard. The curriculum is demanding and meets the needs of high achieving students. For teenagers here, education and its opportunities are valued. Students strive to do well and want to go to top universities and make a difference in the world. My own kids have learned much about

MORE NEGATIVE EFFECTS OF NCLB IS THAT PROGRAMS NOT ESSENTIAL FOR ACHIEVING MANDATED MINIMUM SKILLS WERE CANCELLED.



China and other cultures. They have friends from China, South Korea, Singapore, Australia, Russia and France. Our family has been fortunate to travel to amazing places within and outside of China. We had great holidays in Yangshuo, Harbin, Malaysia, Philippines and Japan. We are looking forward to spending this summer in Australia and New Zealand. We feel safe here in China. I don't worry about my kids taking a taxi home at night. I would never allow this in America. We have met interesting expats and find the people of China to be humble, honest and happy. I know my children are not left behind in China.

Note: The views in this editorial are my personal thoughts and feelings, and not that of my employer.

我为什么放弃美国教育

三年前,我带着家人从美国搬来天津,直到今天,我仍然感谢此生能有这样一个机会,让我体会一段不一样的人生。我曾在美国宾夕法尼亚州的一个公立中学任教 18 年。当我眼看着美国的公立教育在一点点退败的时候,我觉得我和家人应该做点什么了。于是我们举家搬来了中国。当我和家人被这座城市的文化所彻底征服的时候,我们便决定一定要留在这里。

在我看来,美国教育的退败要从布什总统签署的有教无类法案说起。这个法案要求美国 50 大州的所有公立学校都要实施基本技能评估。而为了能够获得联邦教育资金,各个州就必须将这些评估应用到每一个学生身上。众所周知,美国的公立学校都严重的依赖于联邦资金。而实施这个评估的结果就是尽最大的努力保证所有的学生都能达到一个最低的技能水平。换句话说,也就是,如果学校想要获得联邦政府的资助,那么它就必须证明自己的学生都在平均水平上。如果学生达不到要求,那么学校就会面临受罚。长期表现平庸的学校还将会受到通报批评,最差的还有可能会遭遇学校关闭。这项法案的实施仿佛是在宣告学校的声望要全部仰仗于测试结果。于是,学校管理者不断的向校长施加压力,而校长又继而将压力转给各个老师,结果压力层层传递,最终导致了“为考试而教育”的恶性结果。由此,美国公立学校开始退败。至于美国的私立学校,它们倒是不受有教无类法案的限制,只是昂贵的教学费用往往让人望而却步。

有教无类法案带来的负面影响还远不止这些。除了取消了非必修的课程,比如音乐,美术,外语等,很多学校还都取消了资优教育的政策。在有教无类法案产生以前,资优的学生都会被给予一定的特殊课程来提高他们自身的能力,但在这项法案实施以后,关于资优的政策就都全部消失了。事实证明,有教无类在美国并不适用。

我们理想的学校要有强大的价值观,严格的教学课程,以及丰富多彩的课余活动。所以,我们来到了中国。我们选择了一所国际学校,它能带给孩子更多的可能性,使得孩子们有更多的进阶机会来实现自己的价值。生活在这里,我们有欢笑,有快乐,当然,我们还有来自五湖四海的朋友。在这里生活,我从不会感到生命有所威胁,相反,我们每一个人都生活的很幸福。

GETTING AROUND CHINA WITH KIDS

by Charlotte Edwards

Growing up, the only traveling we did was by car. We endured long 10-hour drives with five of us in a mini-van as we drove to my grandparents' home. We were always restless when we arrived, glad to be out of the confines of the car. But in China, it's different. Not everyone has a car, and public transportation is far cheaper though just as much of a hassle for the driver as the non-driver (in my opinion). Since the stress factor is slightly lower for public transportation, I'm generally happy to remain a supporter of the country's rail and subway services.

When my son was a newborn, all I had was a baby carrier and that worked well; my hands were free to buy things while we were out shopping. Around his first birthday we got a lightweight collapsible stroller which was helpful as he was getting heavier and I needed to buy more to feed him. In my seven years of parenting, these two things have been lifesavers in traveling around town and the country.

Navigating the Subway

A small-town girl from the Midwest, I still find it amazing that I can manage my way around big Chinese cities with ease. And with two kids, three heavy bags and no husband accompanying me. I always feel like Superwoman when I return home after a busy day or long trip!

While it's possible to take a stroller on the subway, I would discourage it. Last week there was a couple and their child on the subway with a big, bulky stroller for their one year old. While the subway wasn't overly crowded, I did

CHILDREN UNDER 120-CENTIMETERS ARE FREE, SO LONG AS YOU HOLD THEM ON YOUR LAP.

get annoyed when the mom sat down while simultaneously moaning about how tired she was as I was attempting to get around said stroller to sit down in a seat that a man offered me and my daughter (who I was wearing in a front carrier). While I don't condone her behavior, in heavily populated cities, you run into plenty of people who have different ideas about politeness.

So this is why I still use a baby carrier, even though my baby is three; subways are crowded enough without excessive extras. She's still light enough to carry when she gets tired of walking, I get a great workout and it's easier to get through the gates after swiping my ticket. I only pay for my ticket, since my son is still short enough to get in free. We rarely get a chance to sit and if we do, I sit while holding his sister. It's one small thing I do to turn him into a gentleman.

Train Travel

Children under 120-centimeters are free, so long as you hold them on your lap. With one child, getting the ordinary hard seat for short trips was acceptable to my comfort-meter. Once I had two, it got awkward. When both my husband and I travel

with the kids, we'll buy two tickets and hold the kids. But this doesn't make for a fun trip, with the lack of space that are in train cars. My solution: springing for a lower level hard sleeper ticket. This gets me a spacious 1.8-meter long bed on which they can play or sleep without worrying about them accidentally knocking over a bowl of instant noodles, full of boiling water. For me, it's an extra 50 yuan spent for a trip that's more comfort than chaos!

Tips for Travel In China

1. Buy children tickets if you're not sure you want to hold the child for the duration of the trip.
2. Pack as little as possible.
3. Use a collapsible umbrella-style stroller for kids.
4. Wear infants and toddlers in a baby carrier.
5. Dress for comfort, wear sneakers.
6. Be patient.

带着孩子游走城市

从小到大，我们的出行方式一直都是自己开车，但这和中国的方式截然不同。在中国，并不是人人都拥有自己的汽车。因为中国的公共交通会更便宜一些，所以为了节省成本，我们通常会选择乘坐公共交通。我儿子刚出生那会儿，我全部的婴儿用品就只有一个背袋，那时候，我觉得一个背袋足以够用。但当我儿子一岁左右的时候，我才发现，一辆轻便的折叠推车是多么的重要。从此，在我往后的七年育儿时光里，这两样东西伴随着我走遍了各个地方。

我来自美国中西部的一个小镇，每当我带着两个孩子游走在中国的各个城市，身边没有老公陪伴的时候，我都觉得自己不可思议。尽管地铁上允许携带推车，但我并不是十分赞同这一规定。上周，我带着孩子坐地铁，地铁上的人不是很多，一对夫妇带着孩子也上了车，当然他们的身边还携带着一辆笨重的儿童推车，那位母亲一落座就开始抱怨自己有多么的辛苦多么的累，她的推车就那么横在我的跟前，当有一位男士给我们让座的时候，我不得不绕过她的推车才能坐过去。说实话，我对这种行为真的嗤之以鼻。可是既然你生活在大城市里，你就永远不会知道别人对于礼貌的定义会是什么。这也就是我为什么坚持使用背袋的原因。尽管我孩子已经三岁了，很多时候我不得不抱着他们。当有座位的时候，我会坐下再领着妹妹，我只是想通过这样小小的事情来锻炼儿子的绅士风度。

在中国坐火车，1米2以下的儿童是不需要购买车票的，当然，你得将他们抱在腿上。如果只带一个孩子，选购普通硬座火车的短途旅行，还是在可接受的范围之内。但一旦我将两个孩子同时带出门的时候，我的处境就变得异常尴尬，旅程也变得极其不舒服。而每当这个时候，我就会选购一张下铺的硬卧车票。有了这个1米8的长铺，孩子们就可以在这面尽情玩耍和睡觉，而我也不用时刻担心他们的安危。于我而言，多花50块钱就能远离嘈杂与混沌，这个钱是非常值得的。

International Earth Day @ International School of Tianjin

On Wednesday, April 22 2015 the students and staff of International School of Tianjin (IST) celebrated International Earth Day, a special opportunity to remind ourselves how very fortunate we are to have such a unique and beautiful planet, and to ensure that we remember our shared responsibility as guardians of our planet.

Students participated in a range of learning activities that included recycling, trash collection, recycled art, and tree planting. The day culminated in a student-led benefit concert for schools affected by last month's devastating Cyclone Pam in Vanuatu. It was a really special day with the students having meaningful experiences and gaining hands-on knowledge about protecting our wonderful Earth.



MYP Personal Project Exhibition @ International School of Tianjin

The Personal Project is the culminating event for Middle Years Programme (MYP) students in the International Baccalaureate Programme. The Personal Project is an extended task that requires all IST grade 10 students to explore an area of interest through a cycle of inquiry, action and reflection. Students are also required to make a global connection to their individual subject. The project provides an excellent opportunity for students to produce a truly personal and often creative product/outcome and to demonstrate a consolidation of their learning in the MYP.

This year's grade 10 students investigated a wide range of topics that included the creation of portable phone chargers, the publication of a website for

teenagers new to Tianjin, a painting memorialising the victims of the South Korea ferry disaster and a video documentary about third culture kids. The

Personal Project takes about 9 months to complete and is celebrated each year at the "Personal Project Exhibition" at the International School of Tianjin.



2015 TIS AP Studio Art Portfolio Exhibition

As the school year is coming to an end, the TIS Advanced Placement Art students have put together a breath-taking exhibition of their artworks. Read below some insights from each artist:



Rebecca Li

I loved how art can be both so expressive and yet so obscure, and how the tiniest details can change perspectives so much. In a way, art taught me how to notice all the small things in my life and to appreciate their beauty. I think that's what my true focus in art is about-Capturing the beauty of things that normally wouldn't strike me as "beautiful" and appreciating the beauty in things that I typically overlook.



Alice Bailey

It's always surprising to look down at your work that's made of such common things as ink and paper and realized that you've created something that contains feeling, that speaks...in short, that you've created something ALIVE. That's why I do art, so that I can create.



Josh Hong

By using art, which draws people's attention and causes them to look more closely and carefully, I hope to deliver a strong message that awakens people's perspective.



Seokho Lee

SIGN or SYMBOL express more than words.

Congratulations to these high school artists for the completion of their AP Art work!

Teda International School Sports Events

On Thursday April 23rd, the TIS swimming committee hosted a swimming festival at the American Club. We had 25 students from Primary school who attended this festival, who competed in two different levels of races. Congratulations to Gr.3 Brian, Anika, Claire; Gr. 4 Justin, Ryley, Beeky and Gr.5 Nadeem, Li Yang, Mark Yuan, Kate, Charlotte who have been selected to be the Comets swimming team, to represent school in the upcoming ISCOT Gr.3-5 swimming meet hosted by Wellington on May 6th.



On Friday April 24th, the TIS PE department hosted the ISCOT Gr.1-2 soccer invitational. A total of 24 games were played by 14 teams among the ISCOT schools. It was a great day and great experience for our students as they exemplified that "winning is only part of the fun".



On Saturday April 25th, TIS hosted the ISAC U13 boys' basketball tournament for the first time. Seven schools traveled down from Beijing as well as three Tianjin

schools. The Comets team played well during the round robin and advanced to the semi-final; congratulations to the team who finished the tournament in 4th place.



Every Step Counts for Earth, Our Home Teda International School



Earth Day is celebrated annually on April 22. The first Earth Day was observed in 1970 and its purpose is for people to show their support for environmental protection. This year, TIS students showed their support for our planet in many different ways. They recycled various materials daily. In just one morning TIS students collected more than 450 plastic bottles! Teachers and students also competed in reducing energy usage by tallying which classroom remembered to turn off lights. On Wednesday many students walked to school, knowing that vehicle emissions are harmful to our

environment. Most importantly, all primary classrooms planted seeds. Students understand the need for keeping clean, green areas on Earth. The celebration culminated in a primary school assembly and ECA/PS outdoor activities all revolving around recycling, reducing and reusing. Earth Day week is a great opportunity for our community to come together for a great cause. Our local police helped keep us safe crossing the streets on Wednesday on our way to school, the PFA generously donated watermelon for the outdoor celebration and students, parents, faculty,

and staff worked together to have a positive impact in raising environmental awareness in our community.



JIAN HUA

Caring for the Children of the Stars

On May 9th, 2015, Caring for the Children of the Stars, the Thirteenth annual Tianjin Special Children's Art Festival, was held in the Cathay Future Art Center. This year the festival was focused on children with autism. Teachers and children from the Tianjin Jian Hua Autism Rehabilitation Center participated in this activity. During the activity, the children showed their growth and progress through dance and expressed their purity and joy through their paintings. The activity also gave the children the opportunity to communicate and interact with others out in the community.

At 9 o'clock in the morning on May 9th, the host announced the festival officially started. The children from Tianjin Jian Hua Autism Rehabilitation Center brought the opening dance - "Be Pleasant Goats Together". The cheerful melody and lively dance moves showed the children's

happiness. During the whole dance show, happy smiles were blossoming on the faces of all the children. Through such performances, the children had the chance to show themselves and establish their self-confidence, learn how to cooperate with the teachers, and cultivate a sense of rhythm and expressive force.

After the dance performance, the children and parents participated in some other activities. While visiting the art exhibition, Rui Rui kept telling her grandma about each picture she saw and some pictures she liked, with a tone of pride and confidence. After visiting the exhibition, the children diligently painted on a long picture. In the process of drawing, every child drew the picture he or she likes best with a paint brush in hand. Rui Rui drew a picture of a girl flying a kite on the beach, with a boat on the sea line in the distance passing by, and some seagulls flying in the sky. Xiao Xiao drew a running horse; Shun Shun, Dan Dan, and some foreign volunteers left their handprints on the picture. Through this activity, the children could not only express their ideas through painting, but also learn how to cooperate with others.

Finally the children, parents, teachers,



and volunteers rode on the merry-go-round, jellyfish ride, little trains, and some other recreational rides. While enjoying a happy time, the children also learned some basic social etiquette and social skills such as making choices, waiting, sharing, being humble, and helping each other.

关爱星星的孩子

2015年5月9日，第十三届天津市特殊儿童艺术节——“关爱星星的孩子”孤独症儿童主题活动在华夏未来少儿艺术中心举行。天津建华康复中心的老师和孩子们参与了此次活动。活动中，孩子们用舞蹈展示着成长和进步，用画笔描绘着天真和快乐。这次活动也给了孩子们一次社会融合的机会。

Studying Chinese Ancient Culture and Reciting Literature Classics at HIK

On May 5th, the Hexi division of Tianjin produced the first large-scale children's talent show and public interest activity in studying Chinese ancient culture and reciting literature classics. It was held by the Tianjin Spiritual Civilization Construction Committee, the Tianjin Education Committee, the Tianjin Communist Youth



League Committee, the Tianjin Women's Union, the Tianjin Daily, the Tianjin Broadcasting System and Tonight News. The event was held in the Bruno Dream Theater of the newly established Meijiang campus of Hopeland International Kindergarten (hereafter referred to as HIK). Nearly 4000 little students from 30

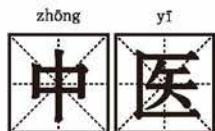
elementary schools and 27 kindergartens of the Hexi District joined in the activity.

The American host Sonya who is also a teacher at HIK said: "I have been in China for several years and I have hosted a number of different contests, but this competition is very impressive. I felt the profound impact of Chinese culture on the children from it."



CHINESE MEDICINE

by Zheng Hong Xiang and Carmen King



With so many expats coming to China, chances are sooner or later one won't feel well. If so, what's the best way to get better? See the tips below and learn some Chinese along the way.

Mike: Zhang, Hey there. I haven't been feeling well lately. I am thinking about going to see a doctor. Which do you think is better, Chinese or Western medicine?

Mài kè Xiǎozhāng nǐ hǎo zuì jìn wǒ shēn tǐ bù tài hǎo xiǎng qù kàn yī shēng nǐ jué de zhōng yī hǎo hái shì xī yī hǎo ?
 麦克：小张你好，最近我身体不太好，想去问医生，你觉得中医好还是西医好？

Zhang: That depends on what's wrong. Some conditions can be treated well with Chinese medicine. Such as leg, back, and neck pain. Even something like rheumatism might be helped. However there are some sicknesses that might be better handled with Western medicine. Things like heart disease, hepatitis, and appendicitis. Of course, there are always exceptions to this too.

Xiǎozhāng Nà yào kàn shén me bìng yǒu xiē bìng shì hé zhōng yī zhì liáo bǐ rú yāo tuǐ téng shì hé zhōng yī zhì liáo bǐ rú yāo tuǐ téng jǐng zhǔ bìng fēng shī bìng shén me de kě yǒu
 小张：那要看什么病，有些病适合中医治疗，比如腰腿疼、颈椎疼、风湿病什么的；可有

xiē bìng gèng shì hé xī yī zhì liáo bǐ rú xīn zàng bìng gǎn yán lán wěi yán děng Dāng rán zhè yě bù shì jué duì de 。
 些病更适合西医治疗，比如心脏病、肝炎、阑尾炎等。当然，这也不是绝对的。

Mike: Wow, I didn't know all that. So what's the difference between Chinese and Western medicine?

Mài kè Ó shì zhè yàng a nà zhōng yī hé xī yī yǒu shén me chā bié ne ?
 麦克：哦，是这样啊，那中医和西医有什么差别呢？

Zhang: The types of treatments used are different. In Chinese medicine things like massage, acupuncture, cupping, and skin scraping are often employed. Versus in Western medicine things like shots, I.V.s, and surgeries will be used to relieve symptoms.

Xiǎozhāng Zhì liáo fāng fǎ bù tóng zhōng yī cháng yòng de fāng fǎ yǒu àn mó zhēn jiǔ bá guǎn guā shā děng xī yī de fāng fǎ shì dǎ zhēn shù yè shù shù děng děng 。
 小张：治疗方法不同，中医常用的方法有按摩、针灸、拔罐、刮痧等，西医的方法 是打针、输液、手术等等。

Mike: What about the difference in Chinese and Western medicine formulas?

Mài kè Nà zhōng yào hé xī yào yǒu shén me quā bié ne ?
 麦克：那中药和西药有什么区别呢？

Zhang: Most Western medicines are made up of various chemical compounds. Thus they get quick results. Chinese medicine on the other hand is made from plants and other natural sources. While it tends to take longer to see results, it is possible to address the root cause of the ailment without any harmful side effects. The process for making Chinese medicines is a real pain though. Plus the formulas taste awful so some people don't want to take them.

Xiǎozhāng Xī yào dà bù fēn shì huà xué chéng fēn yīn cǐ jiàn xiào kuài Er zhōng yào shì zhí wù chéng fēn suī rán xiào guǒ màn dàn néng zhì běn wú dú wú fù Bù guò zhōng yào de āo zhì shì fēi cháng má fan de āo chū lái de tāng yào yě hěn kǔ yī bān rén dōu bù yuàn yì hē 。
 小张：西药大部分是化学成分，因此见效快。而中药是植物成分，虽然效果慢，但能治本，无毒无副。不过，中药的熬制是非常麻烦的，熬出来的汤药也很苦，一般人都 不愿意喝。

Mike: That doesn't sound good, is there any solution?

Mài kè Nà zěn me bàn ?
 麦克：那怎么办？

Zhang: That's where manufactured Chinese medicine comes in. They are pre-made Chinese formulas that are often in pill or other form, making them convenient and safe.

Xiǎozhāng Suǒ yǐ jiù chū xiàn le zhōng chéng yào jī jiǎn biàn yòu ān quán
 小张：所以就出现了中成药，既简便又安全！

WHY IS IT SO HARD TO SAY SORRY?

by David Wong



Recently a close Canadian friend, Adrienne, had hired a contractor and several tradesmen such as plumbers, carpenters and a tile layer to complete renovations to an older apartment. A contract was signed and an agreed date for completion was set. But in the process, there were several mistakes made by each of the tradesmen and the deadline passed. When Adrienne confronted the contractor, he blamed the tradesmen, the tradesmen always had an excuse, and no one would admit the mistake and no one would take responsibility.

Fortunately, Adrienne had kept a twenty percent holdback on the payment and refused to pay until the work was completed properly. The project was finalized after a 3 month delay but it was such a frustrating experience, that Adrienne swore she would not use these same people again nor would she recommend them to her friends. She also said, if anyone of these workers would have apologized for the delay and admitted their errors and taken responsibility, she would have accepted the situation and it would have been resolved more amicably instead and a drawn out fight to resolve the issue.

Everyone hates being wrong, it makes you feel inferior and it is usually

ONE NEEDS TO REMEMBER THAT THE TRUE CHARACTER TRAIT IS TO HAVE A STRONG RESOLVE

embarrassing. We are trained at a young age and grow up that we need to be right. In grade school, we compete to be the best, being right, getting poor grades or getting things wrong, means you are lazy, inferior and looked upon negatively by the teacher and classmates. Can you remember when you were called in class to give an answer and it was wrong? This can be a very traumatic experience for young children, to be embarrassed in front of their peers.

This type of situation can have serious consequences in the adult world. One example is a surgery that went wrong, at Beth Israel Hospital, the training hospital for Mayo Clinic, one of the world's best hospitals, performing an operation on the wrong leg of a patient. It was explained that because this facility and its surgeons are world renown and had a top reputation, the surgeon just believed that he was on the right leg. The thought of making a mistake just did not

occur to him or others in the operating room. A dangerous example of over confidence and not willing to accept that you can ever be wrong.

Sometimes when we hear a conflicting response and we are determined that we are right and the other person is wrong, we can literally convince ourselves that we are absolutely right even when we are proved wrong. How many times have you been a passenger and tell your driver to make a right turn to a destination and this turned out to be wrong. I suspect that most of the time, you will find an excuse for making the mistake, such as "there was a lot of traffic" or "it looked like the right direction." You probably truly believed that your directions were correct but admitting the error and saying you are sorry is difficult.

This is especially true in China, where the cultural factor of "face" 面子 Mian Zi is so important. You can see that many young Chinese children are being spoiled by the two sets of grand parents that only have one grand child. These children are used to having what they want and always being right, not being corrected for wrongdoings. Not every child but many. This creates a problem when the youngster grows up and enters the work force, and is not used to a situation that they have to

admit a misjudgment and making a public apology.

For those of you that are working in a service sector such as a restaurant, hotel or department store, the first rule you need to learn is: "The customer is always right." Even if he or she is wrong. When an angry customer confronts you, the first thing you need to do is show empathy, say you are sorry and listen to their complaint. There is no use to make any excuses and trying to reason with the client. First apologize and listen, that is what the customer needs, they want to let off steam. You can try to reason and excuse later in your discussion, but in many cases, it is fruitless.

One needs to remember that the true character trait is to have a strong resolve; a need to be able to step outside of ourselves and look at what can be reasonable. It is a fine line between being confident and being able to recognize shortcomings and mistakes. The strong character will see that something else can happen instead of always being right. To learn from these mistakes and improve future actions as a result of corrections.

This is life, not everything is set in stone, circumstances change and sometimes the situation can be quite unpredictable. One makes a decision based on the available facts at the time and these actions may not be the best. It may not be a "wrong" decision but it is a decision that you had decided to take and you will need to take responsibility since others make have acted on your decision, like a chain reaction which was set off by your original action.

Are you a big enough person to take responsibility and say you are sorry Dui Bu Qi 对不起? This can be a big step and responsibility. In the first example of the contract work, admitting the mistake may entail liability and a cost that you may have to bear. In the opening example of Adrienne's renovation project, this is probably one reason why the tradesmen and contractor would not admit guilt, however, they will lose in the long run because it may leave a negative reputation for not doing a proper job, whereas admitting the mistake and taking responsibility will demonstrate that they are honest and living up to the contract agreement.

In history, there are many examples of famous people making mistakes and resulting in final successes. The great American ball player, Babe Ruth for many years held the record for most home runs in baseball but he also held the record for most strikeouts. Sir

Winston Churchill lost several political battles and elections, one right after the World War II victory but came back to end a successful career. For a local example, Deng Xiao Ping was ousted several times before steering China into the present modern industrial revolution.

The saying goes: "It is better to have tried and failed, than to do nothing and not try at all!"

So in conclusion, it takes a big person to admit doing something wrong and an even bigger person to say the words: "I'm sorry." However just a word of advice to all the husbands, using the driving example, if your wife is driving and you make a mistake with directions, admit that you are wrong and say you are sorry. If she is driving and she makes the mistake, take responsibility and say you were wrong and say you are sorry – believe me this is the smart way.

说声对不起有多难?

最近我的一个加拿大朋友 Adrienne 经历了一次非常失败的装修。在和装修队签订了合同并规定了完工日期的情况下，由于装修队的各种失误，工程不能按时完工。Adrienne 质问包工头的时候，包工头以各种理由和借口推脱责任，没有人承认是他们的错。Adrienne 最后以尾款相威胁才迫使包工头把工程完成，但比计划晚了 3 个月。Adrienne 说，如果他们有一个人能承认是自己的失误并道歉，她也不会如此歇斯底里，她会接受现实，以更温和的方式来解决问题。

我们每个人都讨厌犯错，因为这会让人感到低人一等和难堪。从小时候上学开始，我们就培养了竞争的意识，犯错会令人看不起。每次被老师点名回答问题，如果答错了，同学们那种眼神总是让我们幼小的心灵受伤。

不愿承认自己的错误还可能因为自己泛滥的自信。有时我们心里总是坚定地认为自己是正确的，别人是错的，哪怕最终事实证明还是我们自己的错。比如，我们给司机指了完全相悖的方向，但我们总是会说“这边走比较清静”或者“我记得就应该这么走啊”。比起对自己的盲目信任，承认自己的错误并道歉简直难如登天。

对于服务行业人员来说，他们应该时刻记住一个原则：客人永远是对的。即使客人是无理取闹，你也要首先道歉，让客人把怒气发出来。这时候你不要解释，也不要找借口，因为根本无济于事。

做人要有强大的内心，自信是应有的品质，但是能敢于承认自己的弱点和错误才是更高的一个境界。更强大的人能够看得更远，从错误中总结教训，才能在以后避免犯错。

能不能敢于承担责任，大声说出对不起，这是一个人情商提升的重要一步。在第一个事例中，包工头承认自己的过失会有一些经济上的损失，但是百般狡辩从长远来看会损害自己在业界的名声，我的朋友肯定不会再聘用他，更不会给他介绍生意。

不过我最后要提醒为人丈夫的男同胞们，对于自己的老婆可千万别讲这些大道理。不管是你错还是她错，你都要承认错误，诚恳地说声“对不起”。



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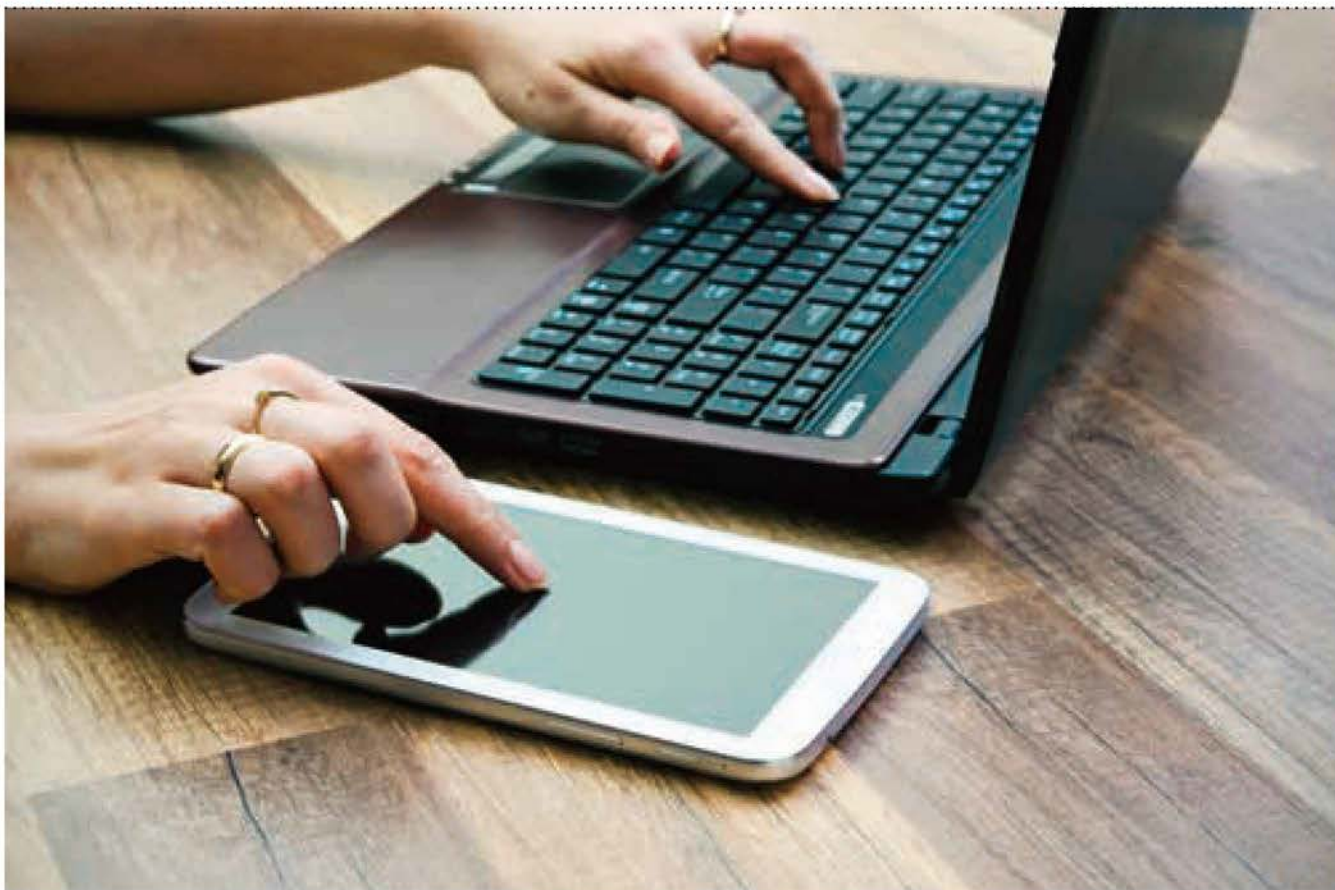
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OH WHAT A TANGLED WEB

by Paula Taylor

When I first went to China, a bone of contention was internet problems. At first I lived in the university dormitory and we had to rely on the local on the campus “computer person” to get us set up. It was horrendously slow. Some days it was impossible to use and the excuses I would get were that there were too many people using the internet.

Then when I rented a house, we still always had problems with the internet, my flatmate could use wireless but I could not. The internet company told me that only one person in the house could be wireless – unless we paid more money. Hmm. I eventually got a tech savvy flatmate who set me up for wireless and we didn't have to pay any more money for that, although the internet company did manage to con us in another way. They told us that if we paid more, double in fact, our internet speed would be doubled. As they used to come to our house to collect

the fees, they then helpfully suggested that we pay one year's subscription up front. We declined. Then then asked us to pay six months, we still declined but they told us it was inconvenient for them to keep coming to our house to collect. I told them it was inconvenient for me to give them six months payment. I didn't know them from Adam. For all I know they were not even an internet company, they probably just connected us to the neighbours' box. We finally settled on three months fees in advance. However, although we paid double, I have to say we didn't notice any difference in the speed. It still remained extremely slow. Mrs. F. was always complaining about it. Actually we often skype and the service is not good.

What has been your experience of using the internet in China? Most of the Koreans that I knew complained bitterly about the speed – not surprising when you consider that Korea boasts of having one of the fastest downloading speeds in the world.

Now I am back in London I have a Chinese flatmate and I asked her how she felt about the internet in China. She said that the speed was fine – but she admitted she never used it much, although she did tell me that once she and her friends went to the cinema and just before they purchased their tickets they discovered that by buying a group ticket online they could save 60 rmb, so they quickly went outside and tried to access the website but it took over ten minutes. She told me sadly that the film could not wait for them.

My memories of the internet in China are very much tied up with memories of my friends. For instance there was that time when Mary bought a plane ticket to Hong Kong only to find out that the company was non-existent and she had been cheated. That was the first and only time she bought anything over the internet. Or my lovely decorated iPad cover that another friend bought for me that is really pretty and people comment on it, but it has no hole for the camera so it is really



inconvenient as every time I want to take a picture I have to take it out of the case. I suggested that she return the unsuitable goods but she just laughed. And Mrs. F. is always buying things over the internet – some are successful purchases and some are not. She spent 5 rmb on a ring watch that worked for about a day. She wanted to return it but surely buying over the internet in China is a lot like buying over the internet anywhere else you get what you pay for – sometimes.

I read some online comments about the value and speed of the internet and many people were complaining about one or the other or both. So apart from Mrs. F. and I being unhappy with the service, apparently lots of Chinese people are similarly unhappy. One source of aggravation is the one I have already mentioned, the speed that the internet companies promise bears little resemblance to the snail's pace that people have to put up with, hence the public are calling for the companies to lower their prices. Added to this is the fact that users are finding that they are inexplicably cut off at crucial moments and are

WELL THERE IS ANOTHER DRIVER BEHIND THIS INITIATIVE TOO, IT IS THE INCREASED BENEFITS THAT HIGHER SPEEDS WILL BRING INDUSTRIALLY AND ECONOMICALLY SPEAKING.

unable to get back online. Many are starting to say that compared with other countries, the internet service in China provides very low value for money.

Just to add to the general dissatisfaction, for those that have upgraded their phone service to 4G, although faster than before, people are finding out that because of the data traffic speed it is very easy to use up a lot of money and waste their credit.

Taking into account the sheer number of users, I think on reflection China does quite well on the whole. However someone who does not agree with me and who thinks there is room for improvement is China's Prime Minister Li Ke Qiang. He is currently on a mission to improve things for users. In fact the matter is deemed so serious that it has been discussed in Chinese Parliament. He is actually urging the telecommunication companies to improve service and bring down prices, and also to get more people onto 4G. Wen Ku, of the Industry Development Division, Ministry of Communications and Information, has said that this year the country will have more than 300 cities able to use 4G services, and the conservative estimates are that least 30 million people will soon be 4G users, and to add to that, the optimistic forecasts are that this figure will exceed 50 million people.

These figures are truly staggering and I won't bore you with the rest, however, you, my dear foreign internet users will obviously benefit from this improved technology, as I am sure you will be delighted to hear.

One thing that confused me though is that the Prime Minister would deem this

subject so critical that it would have to be discussed as a matter of national importance. Is our dissatisfaction with the internet so important that it is being dealt with at this level? Well there is another driver behind this initiative too, it is the increased benefits that higher speeds will bring industrially and economically speaking.

If he succeeds, and I am sure he will, as requests from the Government do not usually fall on deaf ears, he will be very popular. Apart from the comments complaining about the internet, there was many others about the Prime Minister and one said给李总一亿个赞, which loosely translated means "give Prime Minister Li a million praises".

Just lately I have really been missing Tianjin and writing articles like this make me miss it even more as everything is changing so quickly in China that I wonder if I came back some day would I even recognise it? By the way if you want to go to a restaurant, be sure to check the internet to see if they are doing special deals – they usually are.

恼人的网

我刚来中国的时候，最不适应的就是网络问题。我起初住在大学宿舍，要靠宿舍的网管才能连接上网。但即使这样，网速可以用龟速来形容，网管总是说，那是因为上网的人太多了。

后来我租房子住，网络问题并没有好转。我和室友只能有一个人使用无线网，宽带公司的人说，两个人使用无线费用要更高。不过，多亏我的室友是个 IT 高手，帮我设置好了无线网络。后来，宽带的人说如果付双倍的网费，我们的网速能提高，而且建议我们一次交一年的钱，因为他每月过来收钱太麻烦。但我们没有同意，最终定了三个月的套餐，但网络依然龟速。

你在中国使用网络的感受如何呢？我认识一些韩国朋友，他们经常抱怨这里的网速，因为韩国据说世界上下载速度最快的国家之一。

现在我回到了英国，室友也是中国人。我问她关于中国网络的问题，她给我讲了一个故事。有一次她和朋友去看电影，买完票后发现在网上团购能省 60 块钱，于是她们决定尝试用手机上网买票。结果 10 分钟过去了，她们还是没能登录到网站上，而电影也快开始了，所以她们只好放弃。

我在中文网站上看到一些网友的评论，他们大都对网费和网速不太满意，认为性价比太低。既然网速不能达到宽带公司承诺的速度，为什么不肯降价呢？有时候在关键时刻掉线更是让人抓狂！

而现在，广大的中国网民不再孤单了，就连国家总理李克强也就网速和网络资费问题发声了。李克强总理在一次国务院会议上提出，要求电信运营商提升服务，降低资费，发展 4G 网络。

既然提升互联网服务已经上升到如此重要的高度，那么除了普通百姓能够受益之外，它还会提升中国在经济和行业中的竞争力。如果中国的网络服务真的在总理的督促下实现提速降费，那人们一定会给他点一亿个赞！

TIANJIN IN PHOTOGRAPHS



There are more than 10,000 gourd hanging on the roof.



"Fan Zhi" gourd



carved gourd



The gourd feast used to be the royal cuisine.



gourd pot



Well, now you know the secret: there is a gourd museum hidden away in the Textile City Plaza, in Wanliucun Avenue, Hebei District. It is a unique place that can only be found in Tianjin. The private museum was founded by Zhao Wei, the fourth generation descendant of "Hu Lu Lu", at the beginning of this year. "Hu Lu Lu" gourd art is one of the intangible cultural heritages of Tianjin. The exhibition hall is about 500 square meters and displays almost 18,000 kinds of gourd art. It is open for free from 10:00 to 22:00 every day. From the beginning of June, Zhao Wei and his disciples will run a free training class every Sunday afternoon from 2 pm to 4 pm which will include instruction in traditional sketching,

gourd pyrography, painting, sculpture and other art. The training class will take two years to complete and anyone who is interested in participating should call 022-24131888.

"Hu Lu Lu" translates as "the house to make the gourd art" and the process originated in the Qing Dynasty and was begun by Zhao Xirong. "Hu Lu Lu" has since developed into dozens of different forms of gourd craft. Of them all "Fan Zhi" is the most important. The "Fan Zhi" method sees a mould placed on the surface of an immature gourd which enables the gourd to be shaped. It is a complicated process with a total of 36 steps from the early planting to post processing. Now, Zhao Wei wants to take his art to the whole world. He is certainly qualified to do it as he is the proud holder of

21 approved patents and has been recognized by the World Record Association for his mastery in the gourd production process which involves a total of 47 processes.

To get there you can take the bus and get off at the Kai Yun Da Sha Station or Jin Zhong He Da Jie Station and then it is about a 10 minute walk. The nearest subway station is Metro Line 3's Jin Shi Qiao or Zhong Shan Lu. When you enter Textile City Plaza, just look for the sign "Hu Lu Lu" and there you are.

独一无二的葫芦博物馆

河北区万柳村大街上的纺机都市广场内隐藏着一座全国独一无二的葫芦博物馆，这家私人博物馆由天津市非物质文化遗产“葫芦庐”第四代传人赵伟于今年初创办。近 500 平方米的展厅内共展出 18000 多种葫芦艺术品，每天早 10 点至晚 10 点免费开放。从 6 月开始，赵伟将带领他的弟子为想要学习葫芦艺术的人士开办免费培训班，每周日下午 2 点至 4 点授课，包括素描、葫芦烙画、彩绘、雕刻等传统技艺，培训班预计开办两年，有意者请拨打 022-24131888 报名。

“葫芦庐”寓意制作葫芦的房子，其制作工艺起源于清光绪年间，创始人是赵锡荣。流传至今已发展出几十种葫芦制作技艺，尤以范制葫芦最为复杂。所谓“范制”就是在葫芦成熟前将其外面套上模具，让葫芦在生长的过程中“长”成人们想要的造型，从前期种植到后期加工、制作需要经过 36 道工序。如今，第四代传人赵伟将“葫芦庐”发扬光大，申请葫芦专利二十一项，被世界纪录协会认证为世界上掌握葫芦制作工艺最多的人（共计 47 项）。

人们可乘公交车在开云大厦站或金钟河大街站下车步行 10 分钟左右即到，离博物馆最近的地铁站是 3 号线的金狮桥站或中山路站。进入纺机都市广场后寻找“葫芦庐”的指示牌即可。



gourd wine



There is no communication between friends

THE ART OF TEXTING HAS TAKEN OVER OUR COMMUNICATION TO THE EXTENT THAT PEOPLE WILL SEND A TEXT TO SEE IF SOMEONE HAS RECEIVED AN EMAIL, ASSUMING THAT THE TEXT IS LESS FORMAL, BESIDES TEXTING HAS THE EFFECT OF BEING A FRIENDLY CONTACT AND NOT SO INTRUSIVE.

two billion text messages sent. At a touch of a button a sender can send a message to all his or her contacts and if each recipient replies, you can see how this can avalanche. In the past this would jam the networks but with improved technology, there seems to be unlimited capacity.

Texting has become an art, similar to shorthand that was used extensively by secretaries before the invention of dictating and recording machines. The secretary would write down what was dictated at the normal conversation speed or important events such as a courtroom or medical consultation in a handwritten code and later transcribed into regular script. In China, there was a similar type of writing shorthand for Chinese characters to record conversations; it was called cursive script or Cao Shu 草书. The character 书 Shu means script and the first character 草 Cao means rough or sloppy but it is also the same character for grass so sometimes it is mistranslated to mean Grass Script. Many of the present days simplified Chinese characters were derived from cursive script.

There is a new developing texting language of acronyms being developed by texters; some are quite interesting. Following a picture of a delicious dish being posted on wechat was 777, meaning eat eat eat because the number 7 in Chinese is similar to the word eat 吃 chi. The most used text shorthand must be the smiling face :-D which I add my moustache :-<) or the opposite sad face which is :-(Some other common ones are: CU see you, BTW by the way, TTYL talk to you later, cu8*\$ see you at Starbucks, 88 bye bye. There is even a book that gives thousands of text acronyms.

Here are some specific Chinese ones, see if you can figure them out. 7998 Let's go

STOP TEXTING AND START TALKING

by **David Wong**

In the past few years, smart phones have become really smart and will continue to develop further, who knows how much more they are capable of. The most used feature is texting, sometimes referred to as SMS Short Message Service or MMS

Multimedia Message Service. We all use texting, when you are in any public place, you will see everyone with their heads bowed and they are not praying, they are sending or reading a text on their smartphone. During the last Spring Festival holiday, there were over



Everyone stared at their phones

walking Qu Zou Zou Ba去走走吧 or 066 Ni Lai Le你来了; 520 I love you Wo Ai Ni我爱你 or 2010000 Love you for 10,000 Years爱你一万年; 530 I miss you Wo Xiang Ni我想你 or for more emphasis: 53406 I miss you to death Wo Xiang Si Ni Le我想死你了. 70345 Please believe me Qing Ni Xiang Xing Wo请你相信我; 786 Finished eating or I'm full Chi BaoLe吃饱了.

For the opposite of love, there are angry acronyms such as 8074 You Kill Me Ba Ni Qi Si Wo把你气死; 5376 I am angry Wo Xin Qi Le我生气; 95 Save me Jiu Wo救我.

So you should get the idea now, there are also hundreds of Emoticons, which is a word that combines Emotion and Icon. These are figures that depict emotions so that the reader can tell if the sender is upset, happy or urgent etc. These come in many formats, usually cartoon characters that have movement such as jumping up and down happy, slamming the table mad or presenting lovely roses. The downloads are usually free and recently, they automatically come up to match the word you type such as a shower of birthday cakes when you type the word birthday.

The art of texting has taken over our communication to the extent that people will send a text to see if someone has received an email, assuming that the text is less formal, besides texting has the effect of being a friendly contact and not so intrusive.

The point is we are relying too much on texting and losing touch with meaningful or personal contact. There is something sad about seeing a group of friends or family having dinner and everyone is buried in their smartphones, texting or reading messages in their weapons of mass communication. I grew up in the BC period (Before Computers) and if we wanted to get together, we just met at a park or gathered after school and decide what to do.

Today, it is thought that multitasking is a reflection of working more efficiently and is expected. However, research proves that this usually produces errors and prevents us from doing any one thing well. This is because the human brain is not built to multitask. We may think that we are doing several tasks at the same time but in fact, we end up doing one thing at a time and in the series of events, we are just interrupting each task. That is why it is so important not to text or take or make a phone call while driving. It may only be a matter of seconds, but for that short time that your brain diverts from driving, could mean a tragic accident.

Studies show that a person cannot pay close attention for more than 10 or at most 20 minutes and it's important to take a break after this interval to digest what this input into a processing stage. I believe that our attention span is getting less as we have more technology at our disposal. The smartwatch has now come on the scene and now people will wear the device all day and may even to sleep, as one feature is to monitor sleep patterns.

How many times have you seen people, reach for their phone at the every ping notifying them that a message has been received? Science shows now that we get a kick or rush from hearing these notifications. In this age, there are unlimited amounts of electronic information. People are bombarded with individual messages, newsletters and television. Many people will have their TV on during dinner and their respective smartphones within hands reach so they don't miss anything.

So take a break and power down. Take some time to spend quality time with your family and friends. Charge your phone in a different room out of reach an hour before you go to bed and turn it off or put it on airplane mode so the alarm stick works. Turn off the phone, TV and computer when the family is



Take some time to spend quality time with your family and friends

having dinner at home and everyone should make it a rule to power down at a restaurant and enjoy each other's company. If you want to do your best at work, don't text during a meeting with your boss or co-workers and especially clients; give them your total attention.

If you want to impress your loved ones, show them they are the most important and devote your conversation towards them by listening and talking without distractions. It will make a big difference and so what if you miss a call or text message, it can be picked up later.

别再发信息了， 有话直接说！

纵观过去几年，智能手机已经变得越来越强大，没有人能预估它的将来还能承载多少潜能。手机最常见的功能就是文本信息，只需触动一个按钮，发件人就能将信息同时发送给多个人。在过去，这大概会导致网络瘫痪，但在今天，群发信息已经成为手机最基本的功能，且随着科技的发展，手机的其它功能还在不断壮大。

文本信息有些类似于速记。它是在速录机发明之前，文秘工作者需要掌握的技巧之一。在一些重要的会议中，秘书为使其记录的内容完整详细，通常会采用手写的简体代码来代替正规汉字，以达到快速记录的目的。这样的符号和中国的草书极为相似，现代汉字也多由草书演变而来。

文本信息大大影响了我们的生活并取代了我们正常的人际交往。仔细观察一下你周围的朋友，他们是不是都早已中了手机文本的毒？当我们越来越专注于手机里的文字信息时，我们与家人的沟通就变得越来越少。有的时候，我真想念电脑出现之前的那个年代，至少那会儿，我们还能经常的聚在一起，喝酒，聊天，侃大山。

当今社会，人们普遍认为一心二用是提高工作效率的一种表现。但其实，一心二用往往会让我们错误百出。当我们一心二用的时候，我们认为我们的大脑在同时做着多个事情，但其实，我们只是在不断的打扰着各项任务。这也就是为什么我们不能在开车的时候接打电话或是收发短信。一旦你的大脑出现片刻分神，可能也就是几秒的功夫，就会酿成无法挽回的惨痛事故。

你有多久没和周围的朋友见面了？甚至用手机联系他们也只是为了得到某种确认？这个时代，电子信息早已充斥了我们正常的生活。人们每时每刻都在接收着各种各样的信息。吃饭的时候不仅要看电视，还要把手机放在旁边，以免错过任何信息。让你的手机和你自己都休息一下吧，切掉电源，花些时间与家人朋友共享一段美好时光。当家人聚在一起的时候，我们不妨把手机、电视、电脑统统关掉，就只是那么简单的享受一下彼此的陪伴。

如果你想在工作中有最佳的表现，那么请不要在领导面前使用手机；如果你想得到客户百分百的好评，那么也请不要在他们的面前使用手机；如果你在喜欢的人面前留下深刻的印象，那么更不要在他们的面前使用手机。如果能赢得一个重要的人的好感，那么错过一个电话，漏掉一个短信又有什么关系呢？



RICE

NOT SO SIMPLE A STAPLE

by David Wong

It is the most important crop for providing food for human consumption and comprises up to 20% of our calorie needs in the world especially in Asia. In China, the domestication of rice is attributed to ShenNong 神农 the mythical emperor from Hubei who is also believed to introduce agriculture and the use of herbal medicines over 4,500 years ago.

There are many types of rice and each part of the world has its own varieties. We can start with a local Tianjin market and explore the various kinds of rice available locally. In China, the government controls the production and importation of rice as it is in many Asian countries, probably due to past experiences of famine and shortages;

governments want to ensure that citizens will never experience this occurrence again.

The most common rice in the market is long grained rice. The other types are medium and short grained which is stickier and most common in Japanese cuisine. There are also many different colors of rice and each has different traits. Rice is actually a seed from a grass and was harvested by hand but is mostly mechanized gathering now. There still some areas in China that production must be labor intensive. Just look at some of the terraced paddies in the south, no equipment can be utilized so the trusty water buffalo is still required.

Grown in regions of higher temperatures and plenty of water, rice can be

found in many different regions. The abundance of water is a natural deterrent of vermin and helps protect the crop. In China, the best quality rice is considered to be grown in NorthEast 东北 the weather there is cooler with long hot summers and produces a medium grain rice that is rich in protein and stores very well. The problem is this region is limited by water and rice acreage is much less than in the south, where some areas can produce two crops annually. As a result of the scarcity, some of the best quality rice can demand a price of 50rmb (\$10USD) per pound.

If you look at the supermarket section that displays rice, you will see over a dozen types. The most popular rice sold locally is a fragrant long grain from Thailand. It is also a favorite in South China and used in many Cantonese dishes. It is relatively dry so it absorbs flavors and does not stick together when fried. The short grain rice does not hold up well when fried and is sticky. Glutinous Sticky Rice 糯米 NuoMi is high in starch content and used for many pastry dishes and the rice dumpling which is popular during the Mid Autumn Festival celebrated on June 20, this year and when everyone eats Zongzi 粽子 made with Glutinous or Sticky Rice wrapped in reed leaves.

Brown rice or "hulled" or "unmilled" rice is whole grain rice. It has a mild, nutty flavor, and is chewier and more nutritious than plain white, but goes rancid more quickly because the bran and germ—which are removed to make white rice—contain fats that can spoil. Any rice, including long-grain, short-grain, or glutinous rice, may be eaten as brown rice. Although widely believed to be superior nutritionally to white rice, the nutritive value of brown rice has recently been challenged due to concerns over arsenic levels. When only the outermost layer (the husk) of a grain of rice is removed, brown rice is produced. To produce white rice, the next layers of the husk (the bran layer and the germ) are removed the mostly starchy core.

Black rice (also known as purple rice) is high in nutritional value and is a source of iron, vitamin E, and antioxidants (more than in blueberries). The bran hull (outermost layer) of black rice contains one of the highest levels of antioxidants found in food. The grain has a similar amount of fiber to brown rice and like brown rice, has a mild, nutty taste. In China, black rice is claimed to be good for the kidney, stomach and liver. Black rice has a

CHINA IS THE WORLD'S LARGEST RICE PRODUCER AND THE WORLD'S BEST PRODUCER IS AUSTRALIA WITH OVER 10 TONNES PER HECTARE BUT THE WORLD'S LARGEST CONSUMER IS CHINA.

deep black color and usually turns deep purple when cooked. It is suitable for making porridge, dessert, traditional Chinese black rice cake or bread. Noodles have also been produced from black rice.

Canada and USA have a Wild Rice that was traditionally grown and harvested on lakes by the North American First Nations people. Today this high priced rice, which sells for about the same as the expensive North East rice. It is a very long grain rice and black in color. It is not available in China as I mentioned, there are restrictions on importation. The duty is quite high and with a basic price being so high in North America, the duties and transportation costs would make the final price in Tianjin market prohibitive.

Italy has a specialty rice called risotto, which means, "rice" in Italian and is starchy short grain rice. Risotto is usually served as the "primo" dish, the first course in a meal. It is

usually cooked in a creamy sauce and very rich. Most traditional Italian restaurants will have this on the menu or serve it as a staple with the meat and fish dishes.

Basmati rice is grown in northern India and Pakistan, also cultivated for thousands of years, it was introduced to the Middle East by Indian traders and has now become an important part of their diet. Basmati is from a Sanskrit or Hindu language meaning "fragrant". It is a long grain rice and has a "medium" glycemic index (between 56 and 69) apposed to regular white rice with a glycemic index of 89, thus making it more suitable for diabetics as compared to certain other grains and products made from white flour. You may have a hard time finding this in regular supermarkets, as it is exclusively grown in India and Pakistan so look for it in specialty stores.

Parboiled or converted rice is precooked rice that is dried to retain the nutrients and recooked in a matter of minutes for convenience. This type of rice is not very popular here but is common in the Americas. The most common brands are Minute Rice in Canada and Uncle Ben's in USA.

China is the world's largest rice producer and the world's best producer is Australia with over 10 tonnes per hectare but the world's largest consumer is China. There are over 100,000 different species, which are catalogued in Rice Research Institute in Philippines. Rice prices vary a great deal with the most inexpensive sold in local markets for 2-4rmb per jin (500 grams) to expensive

varieties as mentioned before at 50rmb per jin.

Rice does not have Vitamin A, which is essential for sight, renal and immune systems. This vitamin is readily available from broccoli, spinach, carrots and eggs. So make sure to eat these to make up any Vitamin A deficiency. If a person is a rice lover and eats too much rice, the Chinese friends name him a "Fan Tong"饭桶 which means a "rice pot" it is also a slang meaning hat a person is as dumb as a rice pot.

大米的学问

大米作为最重要的一种主食为人类提供至少20%的热量来源。在中国，种植大米的历史可以追溯到4500多年前的神农时代。全世界各个地区都种植不同类型的米，每个国家对大米生产和进口都有着严格的控制，以防止饥荒和粮食缺乏的发生。

在天津市场上最常见的是长粒米，也有中粒米和短粒米。在中国，很多地区种植大米还需要人力劳动，在南方的很多山区梯田，机器无法作业，所以水牛还是劳动的主力。

大米的种植需要充沛的降水。在中国，最好的大米是东北大米，夏天漫长且凉爽，出产的中粒米富含蛋白质，易于储存。但是，东北大米的种植面积不如南方，所以产量偏少，价格也偏贵。

如果你看一下超市的大米货架，你会发现大米的种类可多达十几种。现在，泰国香米也渐渐受到消费者的青睐，广东粤菜中经常会使用这种米。香米比较干，更容易入味，做炒饭也不会粘到一起。糯米的淀粉含量高，常用于制作点心，尤其是粽子。每年的端午节，中国人都有吃粽子的传统。

糙米是一种全谷类米，分去壳和不壳两种。糙米更有嚼头，比白米的营养成分更高，但是容易腐烂，不易储存。但是最近也有研究显示，糙米可能带有毒性。

黑米的营养价值也非常高，富含铁、维生素E和抗氧化物。黑米和糙米一样有嚼头，中国人认为吃黑米对肾、胃和肝都有好处。黑米在煮熟之后会呈现紫色，所以也被称为紫米，常用来制作粥、甜品以及传统的紫米糕。

在其他国家，北美盛产一种野生稻米叫菰米，是黑色长粒米。这种米现在也卖到很高的价钱，而且尚未进口到中国。意大利特产risotto米，是一种富含淀粉的短粒米。在意餐中，risotto会在奶油酱汁中烹饪，最终的口味非常浓郁。传统的意大利餐厅里都会有这道菜。

印度香米出产于印度和巴基斯坦北部，也已经有几千年的种植历史了，现在已经成为当地人最重要的食物。这是一种长粒米，比一般大米的含糖指数低，适合糖尿病患者食用。国内的一些进口食品超市能买到。

速煮米是把大米煮熟，然后干燥以保持营养成分，食用的时候再花几分钟加热即可的方便食品。这种米在美国比较常见。

中国是世界上最大的大米产出国也是最大的消费国。在中文里，如果说一个人是笨蛋可以叫他“饭桶”，意思是除了吃饭什么都不会做。



Nuo Mi is used in making rice dumplings.

IDEA RESTAURANT & LOUNGE



Seafood Pizza



Grilled Veal Steak

Quietly nestled away in the Xidi Community, the Idea Restaurant & Lounge specializes in providing authentic Italian food at a reasonable price. The atmosphere is great and it starts when you walk into the restaurant and you notice the beautiful aquarium filled with spectacular fish, amongst them my favorite - clownfish. Luckily, Nemo wasn't on the menu!

The menu is trilingual in Chinese, English and Italian. We sampled the Salmon Salad with Yogurt, Orange and Pepper in Radish and Walnuts (58RMB) as an appetizer. It's a balanced combination of sweetness, sourness and creamy flavors that works well. The Grilled Veal Steak (98RMB) was very tender and tasty when medium cooked and the Seafood Pizza (RMB85) proved to be an authentic Italian style pizza with a crispy base and ingredient-rich topping.

埃迪亚意式餐厅酒吧位于小成都道上的犀地底商，环境清幽。主厨曾在国外的米其林餐厅工作，有十多年的从业经验。菜单主打意式传统菜式，同时更注重营养和口味的创新搭配，价格居中。

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📍 215 Xiao Cheng Du Dao, Heping District (opposite No.90 Middle School)

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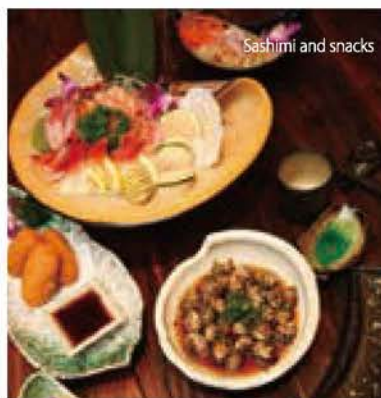
🍽 RMB 120

🕒 11:30-14:00; 18:00-21:30

HONG JAPANESE RESTAURANT



BBQ beef



Sashimi and snacks

Japanese food has really been gaining in popularity in Tianjin recently because it is seen as both healthy and nutritious. Hong Japanese Restaurant is a newly opened eatery that serves both formal Japanese dishes and snacks to have while you're drinking sake.

The two-level restaurant is spacious compared to most Japanese restaurants. Their Japanese BBQ is one of its distinctive characteristics and the meat is all choice cuts. We suggest you order the imported Australian steak – the special ox cut meat tastes best when it is cooked a little over medium. In addition, their ox tongue and organic black pig meat are of a high quality and a delicious dining experience. Their special BBQ sauce is also imported from Japan and blended by the chef so it pairs well with

each kind of meat. If you are familiar with Japanese food, it will not be difficult to order because the variety on the menu is huge and almost anything you can think of can be found.

鸿祐卫门

📍 1F, 21 Metropolis, Lu An Da Jie, Heping District (opposite Parkson Department Store)

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DENGUE FEVER —WHAT YOU SHOULD KNOW

by **Kate King**

Why worry about Dengue fever, you may wonder. What is Dengue fever? How do you get it? What are the symptoms? And how can it be prevented? All good questions. The fact is, is that Dengue fever is a real threat in China, especially the southern parts. According to the World Health Organization (WHO) in 2013 there were cases reported in Yunnan Province and in 2014 trends indicate increases in the number of cases in the People's Republic of China. And in the world as a whole, cases have increased in the past few decades. So, this is a real issue worth knowing more about.

So, what exactly is Dengue fever?

It is a mosquito borne disease, which interestingly enough, is only passed on by the female mosquito. It causes severe flu-like symptoms and can affect all age groups. Victims especially young in years or advanced in age will have much more severe symptoms. Fortunately though, it is rare that someone will die from it. But, how do you know if it's Dengue fever or just the flu? WHO says it is possible it is Dengue fever if you have a combination of a high fever (40°C) along with any of the following two symptoms: a severe

headache, pain behind the eyes, muscle and joint pain, nausea, vomiting, swollen glands or rash. Dengue fever will make itself known anywhere from 4-10 days after the mosquito bite, after that the symptoms will last anywhere from 2-7 days.

So, then, you're probably asking yourself, if I have Dengue fever, what is the treatment? Well, unfortunately, there is no exact treatment. Just visit your local hospital promptly and have them take a look at you to determine how best to manage your illness. So, then, what about a vaccine? Out of luck once again! At the moment there are no vaccines that will prevent Dengue fever. So, what do you do to prevent it?

A couple ways to prevent Dengue fever are:

Covering, emptying and cleaning out any water storage containers. Standing water draws mosquitos like a moth to the flame. Put screens in your windows and wear long sleeve clothing.

You may be asking yourself, if I get Dengue fever while in China, how do I tell the doctors that I think I may have contracted it or how will I understand the doctor if he is telling me I have been diagnosed with it? Here is the Chinese

AND IN THE WORLD AS A WHOLE, CASES HAVE INCREASED IN THE PAST FEW DECADES AND NOW ONE OF EVERY TWO PEOPLE, IS AT RISK

way of saying Dengue fever - 登革热 (dènggèrè).

So what's the bottom line here? Dengue fever is a real threat in China and throughout the world, so just remember, if you are planning on doing any traveling in the warmer climates of southern China, or other tropical regions, you may want to be extra cautious when it comes to avoiding mosquitos and steering clear of any areas that are known to have large pools of standing water.



预防登革热

我们为什么要担心登革热? 登革热是什么? 我们是怎么得上的它? 它有什么症状? 关于登革热我们又该如何预防? 这些都是很好的问题。登革热在中国是一个严峻的问题, 尤其是在中国的南部地区。据世界卫生组织的报告显示, 2013年, 云南省曾出现过该项病例, 而2014年中国的其它地区也相继的发现过该项病例。因此关于登革热问题, 我们需要格外重视。

登革热是登革病毒经蚊媒传播引起的急性虫媒传染病。临床表现为高热、头痛、肌肉、骨关节剧烈酸痛、皮疹、出血倾向、淋巴结肿大、白细胞计数减少、血小板减少等。患者通常在表现持续高烧的同时再伴有其它症状。登革热的潜伏期是4~10日, 一般持续2~7日。如果不幸感染上登革热病毒, 那么切记立即前往医院就诊, 切勿耽误病情。关于登革热, 目前还尚未开发出该项疫苗, 所以我们能做的只有尽力预防并尽量的切断病毒来源。

登革热在中国乃至全球都是一个巨大的危险。如果你有到中国南部或是热带地区旅游的计划, 你需要格外的小心。

ODDLY, IT DOESN'T SEEM THAT ALL BRANDS ARE MAKING THEIR GOODS AVAILABLE AT THE SAME INFLATED PRICES.

Shopping for shoes in Tianjin is all about knowing what is available and at what price. Veteran expats are well aware it isn't just a question of if certain shoes can or cannot be bought locally. It is also a question of how much they are being sold for. Unfortunately sometimes the brand or style of shoes wanted can be found, but the price is absolutely ridiculous. For example some men's ECCO dress shoes have been advertised at 2000-3000 RMB. That is about 330-500 US dollars! No average expat would even consider buying them at that price!

Oddly, it doesn't seem that all brands are making their goods available at the same inflated prices. There are countless factors that could be at play. For example are the shoes made in China for China, or are they shoes made in China for export only, then later re-imported. If this is the case, it makes shoes so over priced that unless someone has money to burn no one will be buying them.

Logistics aside lets discuss a few real world examples of overseas shoe brands that are making their shoes available in Tianjin at prices expats might be able to accept. The first is Converse (匡威kuāngwēi). Converse shoes can be found at either factory owned and operated stores or other multi-brand shoe outlets. In general the pricing seems to be



SHOPPING FOR SHOES IN TIANJIN

by Carmen King

pretty consistent across the board. A classic pair of new low-top Converse was being sold for 229 RMB at a factory direct store. That is about 40 US. Surprisingly one of the top online US shoe retailers is selling those shoes for around the same price. This means it would make no sense at all to buy them back home and then have them shipped to Tianjin. Expats might as well buy them here.

Next is Nike. Nike seems to be available likewise at factory stores and shoes stores that sell many different brands. At the time of comparison a pair of Nike Zoom Crusader Outdoors was being sold in Tianjin for 699 RMB (about 116 US) versus an online US store selling them for 75 US including shipping to somewhere in the States. While it appears there is a potential savings of around 40 US, an expat has to figure the cost of having them sent to China. Add that expense plus the time it takes to get here, and well, it might not be that great of a deal after all.

So there is a look at three different shoe brands, each offering a different level of competitive pricing locally here in Tianjin. It really does come down to knowing the shoe market and seeing where each of the brands comes in at price wise. In the end there are two options, buy a brand that is available locally at a

decent price, or put those shoes on the list of things to buy during visits home.

买鞋的学问

在天津买鞋，资深的外国人都知道这不仅是个什么值得买的问题，更是一个该花多少钱购买的问题。买鞋的时候，最令人烦恼的是你看中的牌子或样式，往往价格都高的离谱。比如一双爱步正装男鞋在中国的售价差不多要2000-3000元人民币，这相当于330-500美元！试想一下，有哪个外国人会愿意花费这么大笔金钱购买这样昂贵的鞋？

影响鞋子价格的因素有很多。其中一个要属运输。中国生产的鞋子一般都有两种销售途径，一种中国产中国卖，而另一种则是中国产完，出口到国外，然后再进口回来。如此折腾一圈，价格势必上涨。除非有人富的流油，否则根本不会有人愿意以这样的价格购买鞋子。

那么中国到底有哪些品牌是值得外国人购买的呢？首先是匡威。一双经典矮帮帆布鞋在中国的售价大约是229元人民币，而美国的售价也在40美元左右，所以买家根本没有必要从国外购买之后再运回天津。从这里购买也很划算。

其次是耐克。一双户外耐克鞋的售价在中国大概是699元人民币，但在美国的购物网站上，它的售价却是75美元。看起来如果海淘的话，我们差不多可以节省40美元，但实际上算上运费以及时间成本，从海外网站上购买也并不占多大的优势。

综合以上对比情况来看，买鞋的时候一定需要仔细考虑清楚。在这里我也有个个人建议提供给大家：要么以合理的价格选购本土品牌，要么列个清单，下次回家的时候采买回来。



CHINESE CULTURE VIA CHINESE LITERATURE

by **Carmen King**
Photo by **Jane Liu**

Expats looking to experience a bit of authentic Chinese culture will want to visit People's Park (人民公园) in Tianjin's Hexi district. People's Park is located at the corner of Guangdong Lu (广东路) and Qiongzhou Dao (琼州道). It is recommended to visit the park when the weather is good.

Hexi district works hard to promote and preserve Chinese culture. The People's Park is a key part in this plan. By visiting the People's Park, a wide variety of Chinese culture can be taken in. For example, on the day we went, before even entering the gates, it was obvious the park was close by. Classic Chinese instruments accompanied by high pitched Chinese opera singing could be heard from some distance away. Inside, the

sounds were accompanied by crowds of people gathered around listening to different performances. Several different musicians and singers were in full swing performing for those passing by, or choosing to sit down and listen awhile.

A further stroll into the People's Park led

A FURTHER HIGHLIGHT IS AN OUTDOOR SITTING AREA WITHIN THE COURTYARD. IT MAKES FOR A GREAT PLACE TO RELAX THOSE WEARY LEGS.

to an open water area where little pedal boats could be rented. Two person or four person boats could be rented by the hour. The cost being between 40 and 60 RMB per hour depending on the size of the boat rented. There is also a 100 RMB deposit that is required. Upon completion of the rental, the deposit can be returned. These boats let visitors explore the park from the water as they pedal around the large pond.

The next crowd of people could be found dancing away in yet another open area courtyard. This was again accompanied by a unique live musical performance which was providing background music. The dancers mostly in pairs were showing off a variety of different forms of dance. Local Chinese seem to love to dance, especially in

groups in public. These shows are seen throughout Tianjin. The People's Park is just one spot of many for observing these enthusiastic dancers.

Nearby were several more activity areas. These being particular suited for the young ones. A jungle gym was full of little ones crawling and climbing around. A huge bird cage had countless of flying creatures moving about within. It was surrounded by young and old alike. Tianjiner's seem to have particular interest in birds. Often an owner will raise a few birds of their own. Then they will carry the bird cage to an open area to meet up with other bird loving friends. There each one hangs their bird cage in a nearby tree as everyone sits around, chatting and listening to the birds.

The next unexpected Chinese cultural discovery is a quaint little book store near the east gate of People's Park. The Tianze book store (天泽书店) was opened by Mrs. Bian Hong. She is a long time book enthusiast who opened her first store in 2002. Later with the support of the Tianjin Cultural Department Mrs. Bian brought Tianze to People's Park in August of 2013. Tianze is a little less than 120 square meters in size. The building itself is rich in Chinese culture as its exterior and interior all reflect classic Chinese design. Tianze is packed full of an estimated 10,000 books.

Expats particularly interested in Chinese culture will want to visit Tianze. Unlike other massive book stores, Tianze is about quality not quantity. Their selection of books pales in comparison to other larger stores. However don't let that fool you in terms of what it has to offer. Tianze was founded by book lovers for books lovers. With the making of so many books, of which there appears to be no end to, a reader could quite easily become overwhelmed with trying to choose a good book to read when visiting other book stores. Devotion to trying to read them all would prove nothing more than wearisome. This is where the service and value of Mrs. Bian and the Tianze team begins.

On behalf of their approximately 1,000 loyal members, as well other first-time customers, Tianze tirelessly searches through the never-ending supply of books both old and new in order to find what they feel are the very "best". These gems worth reading, even collecting are then brought into inventory. New books are always being added. In fact every two months Tianze



Exterior of Tianze Book Shop

prints a small brochure highlighting the top ten best sellers, along with their latest recommended books to read.

The value of Tianze to expats looking to study up on Chinese culture can be found in the desire to buy and read the "Four Great Novels" (四大名著) of Chinese literature. These four are: "Dream of Red Mansions" (红楼梦), "Romance of the Three Kingdoms" (三国演义), "The Water Margin" (水浒传), and "Journey to the West" (西游记). Many different versions of these books have been published by many different publishing companies. Which version should an expat read? Without help this might be tough to figure out. The same applies for Chinese language related reference books such as a modern Chinese dictionary. The Tianze team though has already filtered through the countless copies of all these different books that are out there and brought only the best into their stores. These mean expats can simply walk into Tianze and pick out any book from any section, and to a relative degree be assured is authentic, and a version worth reading.

Many expats come to Tianjin to experience Chinese culture first hand. To catch a glimpse of live impromptu opera performances along with countless other activities, be sure to take a trip to People's Park in Hexi district. As you roam around taking in the sights, be sure to leave some

time to peruse the Chinese classics available in written form at the Tianze book store.

中式园林中品味中国文学

如果你想感受一些纯正的中国文化，除了古文化街，你还可以来人民公园。首先，人民公园的前身是津门富豪大盐商李春城的私家别墅，名为“荣园”，里面的亭台楼阁，听香水榭全都体现了中国古典建筑风格。走近公园大门之前，你就能听到胡琴演奏和戏曲吟唱。走进公园，你会看到人们围聚在京剧演唱者的周围，仔细聆听着。这仅仅是公园内一个小小的舞台，再继续往里走，你会发现若干个表演者，演唱不同的歌曲或戏种，吸引不同的人群欣赏。

除了演唱的，你还会发现一些集体舞者，这是天津市民最喜爱的广场舞，在各个花园、广场、空地都活跃着广场舞的队伍。公园里的游乐区是孩子们的天堂，他们顽皮地爬上爬下。公园中央还有一个巨大的鸟笼，里面圈养了一些有趣的鸟类，引来很多孩子驻足。天津人也喜欢鸟，每天你能看到很多老人提着鸟笼出来遛鸟，把鸟笼挂在树枝上，然后和朋友一边聊天一边听鸟。

经过这些热闹的场所，在公园的尽头还有一家书店，名叫天泽。书店老板卞红经营书店十几年，也是爱书之人。这家书店是在河西市文化局的支持下开起来的。书店所在的建筑本来的名字是“藏经阁”，也是历史建筑，做书店非常适合。对外国人来说，如果你想了解中国的历史文化，天泽书店是一个不错的选择。虽然比起大型书店，这里的藏书并不算多，但本本都是精选。由于这家书店是由爱书人开给爱书人的，他们已经为你做了一遍筛选，所以你不会在茫茫书海中迷失方向。天泽书店不断在书海中寻找最有价值的读物，既有经典也有新作。卞红建议学习中文的外国人读一读四大名著，但要关注具体是哪个出版社的哪个版本。

逛一逛书店，听一听小曲，感受中国式的休闲，安静地读一本好书，这些都能在人民公园实现。

ULAANBAATAR CAPITAL OF CONTRAST

by Robert Watt



There is nothing to see in Mongolia. I was told this a couple of times when planning a trip there last summer. In part, that's true. Mongolia has had a notorious history and legendary leaders, but in terms of what can be seen of that today, there is remarkably little. The tourist's checklist of iconic buildings, memorials and ruins are largely absent. The land too is empty; a vast grassland, devoid of trees and only sparsely populated by hardy nomads whose lack of possessions create a culture with a very weak material dimension.

So yes, if you're looking to collect Facebook posts that unmistakably place you in Mongolia, there really is little to see. But if you want to experience a unique culture, a natural environment and an ancient way of life, then Mongolia is a living museum. And at only two hours flight from Beijing it's an opportunity you shouldn't miss.

If there is one image of Mongolia it's the Ger. Their round, tented homes still dot the landscape like white specks in the camera lens. A Ger, surrounded by horses, lost in its vast surroundings, is a scene unchanged for a millennia. Despite decades of soviet

DESPITE DECADES OF SOVIET INFLUENCED COMMUNISM, AND RECENTLY, THE SEDUCTIONS OF THE MARKET ECONOMY, HALF THE POPULATION REMAIN NOMADIC.

influenced communism, and recently, the seductions of the market economy, half the population remain nomadic. Even in the capital city, Ulaanbaatar, you can see Gers in back yards and on building roofs.

But then Ulaanbaatar is an unusual capital. It lacks the tall glass fronted buildings, the Starbucks and MacDonald's that you would expect in their largest city. It sprawls untidily along traffic clogged streets of shabby blocks of buildings and makeshift shanties. Small by any standard, but after the mega metropolises of China and the ornate architecture of other Asian capitals, it feels not just tiny, but as temporary as their tents.

Ulaanbaatar isn't a pretty city. There are some interesting buildings around Genghis

Khan square which reflect the Russian influence, there are also some Buddhist temples that are being hurriedly renovated after years of religious suppression. A better introduction to this country is the local beer and food which are served in generous quantities. Mongolian dishes are delicious, filling and meaty, but every cuisine of the world can be found here and being small, the restaurants, as well as bars, clubs, hotels and shops, are a short walk from the square.

The city also serves as the centre for exploring the huge country around it. Day trips and longer hikes can be arranged from the numerous travel agents. They're a must do. It's through these that you access the real Mongolia, where you get a feel for the tough, simple lives the majority still endure. The young guides that take you might live in the city, be studying at the university, have a smartphone and designer sunglasses, but you can see in their enthusiasm for horses and their pride for the families in the Gers that their heart remains in their traditions and their spirit belongs in their huge unsullied land.

For most of the year, blizzards and bitter winds whip unchecked across the plateau.



Temperatures sit stubbornly sub-zero. Then between June and August the weather warms and the country opens to its short outdoor season. We took a day trip on horse into one of the nearby national parks to see spectacular scenery, yak, wild horses, camels and big birds of prey. On longer treks into the mountains you can also see moose and brown bears and if you overnight you will be woken by the howls of wolves. There are places for rafting and canoeing, mountain biking, wrestling, motorbike tours, golf...

Another great experience we tried was visiting a nomad family for a traditional lunch in a Ger. We were driven down dry, mud tracks and across giant meadows of straw dry grass. A mile out of the city and we were completely alone, only a curious goat and an eagle, black against the bright sky briefly watched us. With so few markers, and a horizon so distant, it's hard to gauge how far we travelled; Kilometres from the capital, light years from London, centuries from today.

The Ger from the outside looked practical and sturdy, but plain. Inside however, it was light, colourful and clean. Dark wooden supports had been painted in bright orange patterns. On the floor lay rich rugs and the walls, lined with felt, were hung with tapestries

and covered with all the paraphernalia of their life - mirrors, utensils, plastic plates and a million flies. They dotted the undecorated white space of the walls to make the tent look like the interior of a generously current bun. Their numbers had multiplied during the summer spent in one place entertaining tourists. This was the last week of the season and the weather was already cooling, soon the family and their animals would move on, leaving the tourists and the flies behind.

The meal was warm and flavoursome and of course plentiful. Freshly baked bread and clotted cream, cakes and cups of hot tea made on the wood burning stove. The food was simple, with that delicious, rustic texture that home cooked food of my childhood had. And although flies plagued the dishes in a constant attack that no amount of polite hand waving deterred, the outdoor air had made me ravenous enough not to care. I asked if they had any Airag, a drink made from fermented mare's milk that I was keen to try. They poured me a bowlful from a plastic bottle in which a large fly immediately died. I'd read Airag was an acquired taste and one lunchtime was clearly not enough time to acquire it. The guide said no foreigner can drink it. While I'm always up for a challenge he was right. The half bowl I managed grumbled in my stomach all afternoon.

One place you're bound to be taken to, either on the way somewhere or on your return, is the colossal statue of Genghis Khan sitting sternly on his horse. At 40 metres high, it's the tallest equestrian statue in the world. If you hadn't noticed, after a pint of Khan Beer and a Genghis burger in the Khan pub, this polished stainless steel structure punches home the importance that the founder of the largest contiguous empire in history has to this country. Though nothing remains of his

palaces and fabled gardens, his notoriety is once again leading his nation; this time to attract tourism. Tourists can take an elevator to the top and photograph his mighty mug on their ipads. While he is impressive, its newness, its permanence and its clinical cleanliness contrast starkly with the lives of his people. There's an irony that this modern image of the long dead Khan commemorates an ancient culture that is still very much alive. The empire has long gone, but the temperament it was built on, forged by this hard country, endures. Don't think there is nothing here, if it lacks anything, it's only what is easily found anywhere else.

神秘的乌兰巴托

去年夏天我想着去蒙古玩一圈，但当我做计划的时候，朋友们却不止一次的告诉我说“蒙古没什么可看的”。没有古建筑遗址，没有名人纪念碑，有的只是一望无际的广袤草原和那粗犷的游牧人民。诚然，这并不是它的全部。

网络上关于“蒙古”的游玩帖子也不是很多，所以理应它不是一个最佳的旅游目的地。但倘若你想体验一种前所未有的独特文化或是一种古老的生活方式，那么蒙古就绝对是你不可错过的地方。蒙古——一个不折不扣的鲜活博物馆。从北京出发，大概只需两个小时，你就能即刻拥有一段不一样的旅程。

蒙古，好似一副波澜壮阔的画卷，如果非要用一种形象来描绘它，那一定非蒙古包莫属。那些零零散散遍布在空地之上的小白点，在镜头前面煞是好看。一个蒙古包，配以万马奔腾的辽阔草原，即使是在千年以后，它也始终保有自己固有的姿态，不受外界干扰。

乌兰巴托是一个不太寻常的首都，它没有高大的玻璃建筑，没有星巴克，没有麦当劳，没有任何你本该在正常的大城市里见到的普通事物。拥挤的街道上凌乱的夹杂着破旧的楼房以及点点的临时棚户。乌兰巴托也称不上有多漂亮，但围绕在成吉思汗广场附近的有趣建筑物，也绝对值得你驻足参观。

来到这个城市，如果不来一场说走就走的徒步旅行，那一定会是你的遗憾。当然，只有体验过了简单粗暴的生活方式，你才算真正的到过乌兰巴托。这个民族的每一个人都深深的热爱着他们的文化，热爱着他们一望无际的大草原。在乌兰巴托，除了骑马游玩，你一定不要忘记到它的蒙古包里去体验一把真正的游牧生活。

尽管从外表看过去，蒙古包既简单又粗糙，但一旦你进去之后，就会发现，里面其实别有洞天。蒙古包的内部装饰色彩明亮，干净又整洁，起支撑作用的深色木料也被粉饰成鲜艳的橙色图案，地面上铺着好看的毛毯，墙壁上挂着各式各样的日用品。每到季末的最后一周，这里的温度就会转凉。然后居住在里面的人们就会转移到别的地方以维持生存。

游牧民族的传统午餐，味道相当丰富。新鲜出炉的面包配上奶油，再加上热腾腾的奶茶，既简单又美味，这样的美餐让我不禁想到了童年的时光，幸福又美好。帝国早已远去，但它昔日的气场还深深的埋藏于这个顽强民族的人民心中。别用常人的眼光看待这里，我说过，蒙古根本不是一人云亦云的国家。





TRAFFIC TROUBLE

by Carmen King

There is a big difference between doing something professionally versus as a pastime. As such, somewhere in this transition love turns into hate. What starts as a pastime which someone loves, becomes a profession that someone hates. An example would be someone who loves to play music, they try to be a professional musician only to find out that the music business is totally different in its demands to the artist than just playing music for fun with friends.

A similar process may happen with many Tianjin taxi drivers. What may have started as a love for driving, turns into a daily ritual of non-stop stress, why? One of the primary reasons could be Tianjin traffic. Street level traffic has been increasing year by year in Tianjin. This is evident in the fact that just a few years ago someone could walk into any car dealership, buy a car and register it. Now, there is a limit to 100,000 new car registrations per month. A major reason for this is to control traffic. No one wants to see traffic trouble improve more than Tianjin cabbies.

How bad can traffic get in Tianjin? No matter what, it still pales in comparison to the legendary tales of gridlock traffic for hours in Tianjin's big brother next door Beijing. Still, this isn't to say traffic in

Tianjin is not an issue. A recent ride in a Tianjin cab reveals just how serious this traffic trouble is. Upon getting in, the passenger overheard a CB radio conversation between two cabbies. The driver was telling his buddy how his uncle had just been to the hospital because of serious burns on his hand. What happened?

The uncle's house was in the Binjiangdao area, which is notorious for narrow one-way streets. Double the trouble when it was yesterday, during the peak of the Labor Day holiday weekend. That means foot traffic, bike traffic, and of course car traffic were all at their peak. At such an inopportune time as this, a fire started in the uncle's house. With traffic conditions being so bad that a cab would have had trouble getting through let alone a fire truck, the uncle took to putting the fire out himself.



NOW, THERE IS A LIMIT TO 100,000 NEW CAR REGISTRATIONS PER MONTH.

Of course we are in no way recommending such a practice. If a fire occurs, call the fire department. Still, the moral of the story, traffic in Tianjin does exist and can cause its share of trouble. For regular drivers traffic trouble is limited to a few trips back and forth to work, to pick up the kids, or get something at the store. For Tianjin cabbies, it is a daily onslaught of hour after hour of tension, stop and go, and the need for being constantly alert. In fact, one cab driver was told by his doctor to quit the profession, because his body couldn't handle all the stress anymore. In light of the daily pressure cabbies face, when catching a cab, be as kind, friendly and patient as possible, even in the face of traffic trouble.

拥挤的交通

职业和兴趣之间永远隔着一座山的距离。这就好比一个热爱音乐的人想要立志成为音乐家，但无奈现实与梦想之间的差距，最后无疾而终一样。天津的出租车司机也大多有类似的情况。开始的时候可能真的会享受驾驶的感觉，但随着交通问题的日益严重，喜欢的感觉也逐渐转为了压力。若干年以前，人们买车还很轻松，随便走进一家汽车经销商都可以买到喜欢的汽车。但现在，交通压力的不断增加，政府也开始着手控制这一问题，结果买车要摇号，出门需限行也在天津实施起来。尽管和北京相比，天津的交通还称不上十分严峻，但从我最近听到的一件事情上，它也足以引起人们的思考。

一位司机师傅的叔叔住在滨江道地区，周围的街道都是悲催的单行路。家里出问题的时候正赶上劳动节的周末高峰时段，这也就意味着，所有的交通方式在那个时间都达到了顶峰状态，而就在此时，他叔叔家突然着火了，这样的时间，这样的交通状况，消防车是无论如何都进不来的，最终，叔叔自行把火扑灭。

当然，给大家讲这个故事并不是为了提倡这种做法，只是为了向大家证明天津的交通并不十分乐观。如果发生火灾的时候，市民还是需要拨打消防电话。普通驾驶员会遇到的交通问题可能仅限于他们每天日常的线路上，而出租车司机因为整日驾驶在道路上，他们需要时刻保持警觉。所以当你下一次乘坐出租车的时候，不妨多些和善与耐心，哪怕前方遇上再难搞的交通事故。

THE BEST STRATEGY TO CONTROL DUST MITE ALLERGY IS TO AVOID EXPOSURE TO DUST MITES

Despite being a young, single male, I actually maintain good house-keeping, except when it comes to dusting and changing bed linen. I have encountered skin irritation in bed and on the sofa numerous times, and have since vowed to get to the 'bottom' of it. In this article, I will explore the skin irritation that is a derivative of dust mites, our allergy towards their feces, and good house-keeping.

Irritation

At first, I believed I was being bitten by them though, actually, the skin irritation comes from an allergic reaction to the dust mites' feces. (Fortunately, dust mites do not live on humans, spread disease, nor bite.) House dust is composed of many things, including – for our purposes here – shed skin cells and dust mite feces, with the major source of allergens in dust coming from particles and debris from dust mites.

(According to ALK, a global, research-driven pharmaceutical company focusing on allergy prevention, "the most important cause of allergy in China is house dust mite." Their 2014 Annual Report claims that nearly "100 million Chinese are believed to suffer from [house dust mite] allergy.")

Symptoms

Having no means of drinking, dust mites thrive in warm, humid places, and derive their food supply from human secretions and shed skin. Allergies are caused by a digestive enzyme discharged into mite feces: the feces turn to powder when dried and are made airborne by disturbance, such as vacuuming, walking (on carpet), or turning in bed.

Symptoms of allergy indicating rhinitis (hay fever) include runny nose, nasal congestion, watering of the eyes, sneezing, and postnasal drip. Those indicating asthma include wheezing or difficulty breathing. Those involving the skin include eczema (allergic dermatitis), characterized by skin rash and itching. Additional symptoms include conjunctivitis.



Washing bed sheets and drying in the sun is a good way to prevent dust mites feces.

THE FECES OF THE DUST MITE

by **Daniel McCool**

Prevention

The best strategy to control dust mite allergy is to avoid exposure to dust mites (and their feces). Here are a few of the most favored strategies: (1) use allergen-proof bed covers on mattresses, box springs, and pillows to prevent mites from colonizing; (2) wash bedding weekly in 130 F (54.4 C) water or dry in the dryer at the same temperature (or dry in the sun); (3) keep humidity below 50% and keep rooms cool and well-ventilated (use air-conditioning in the summer to control population growth); (4) remove dust with wet rags to prevent it becoming airborne and resettling, and mop the floor weekly; and (5) cut down on clutter and mite habitats, such as carpets and furniture covers. (To kill dust mites, expose contaminated articles to high heat, sun, steam, or the freezer. Conventional washing does NOT kill.)

If you experience any of the above symptoms while also failing at dust-related house-keeping, then you may have an issue with dust mite feces. That's the bottom line.

斩断尘螨过敏源

虽然我是个年轻的单身汉，我还是对做家务很在行的，但是在除尘和换床单这两件事上有些懒惰。直到我遇到了一些皮肤问题，所以我发誓要找出真凶并彻底消灭它。在这篇文章中，我们就来说一说尘螨和皮肤刺激的关系以及如何除螨。

开始我相信我是被尘螨咬到了，但其实我的皮肤问题是因为尘螨排泄物引起的过敏反应。室内灰尘是由多种颗粒组成的，其中就包括我们人身上掉落的皮屑和尘螨排泄物，后者是螨虫的尸体碎片或掉落的残渣，它们是主要的过敏源。

尘螨在温暖潮湿的环境极易繁殖，它们的食物来源是人类皮肤的分泌物和皮屑。尘螨的排泄物干燥之后变成粉末，在空气中飘散，其产生的消化酶会引起人类过敏。过敏症状包括鼻炎、鼻塞、流泪、打喷嚏和鼻窦炎。呼吸道的过敏反应还有类似哮喘或呼吸困难的情况，体现在皮肤上的有湿疹和皮肤瘙痒，其他过敏症状还有结膜炎。

最好的预防尘螨过敏的方法是远离过敏源。可用的方法有：(1) 使用防过敏被罩、弹簧床垫和枕头 (2) 每周清洗床上用品，使用54.4摄氏度的水并在相同的温度下烘干 (或在阳光下晒干)；3. 保持室内湿度在50%以下，保持室内凉爽通风；4. 用湿抹布除尘，每周擦一次地板；5. 对于地毯和家居布罩这类尘螨最常见的寄生场所要减少使用。



MOVIE: A Simple Life also known as Sister Peach 桃姐

Tou Jie



Cast: Andy Lau 刘德华 Liu De Hua, Deannie Ip 叶德嫻 Ye De Xian
Director: Ann Hui 许鞍华 Xu An Hua

Plot: The movie is based on a true story about the relationship between director Roger Lee, played by Andy Lau and his devoted family servant of four generations, TauJie played by Deannie Ip. The movie depicts the harsh reality of the elderly who have no family and what happens to them when they become incapacitated in later life. In this case, TauJie is placed in a senior's home but at least has the devotion of Roger.

Filmed in Hong Kong in the Mei Foo district, considered one of

the largest housing developments in the world with 99 towers and 13,500 apartments and 70-80,000 residents. The development is considered middle class and represents the day-to-day life of people in crowded Hong Kong.

The 53-year-old Andy Lau is a highly regarded top star in Hong Kong and China. He started as a pop singer but is equally well known as a movie star and has been in over 160 films and won over 300 awards. If you ever have the chance to see him live on stage, make sure you go and expect a full 3 hours of entertainment. The 67-year-old Deannie Ip is no slouch as she is also a successful singer and won several awards for best supporting actress but won her first Best Actress award at the Venice Film Festival for her role in A Simple Life.

The two actors, Andy Lau and Deannie Ip work well in this movie; they had last worked together in a 1999 movie Prince Charming. They obvious were comfortable in this project, although it was quite lengthy at almost two hours long.

《桃姐》是2012出品的一部文艺电影，由香港许鞍华执导，刘德华、叶德嫻等主演。影片于2011年9月5日在第68届威尼斯电影节首映，并获得该届威尼斯电影节的最佳女主角。电影是以人名命名，讲述一位生长于大家庭的少爷罗杰与自幼照顾自己长大的家佣桃姐之间所发生的一段触动人心的主仆情。该片是叶德嫻和刘德华合作的第十部电影，已于2012年3月8日正式上映，并最终取得了不错的票房佳绩。



TV SERIES: May-December Love 大丈夫 (literal meaning is Older Husband)

Dà zhàng fu



Cast: Wang Zhi Wen 王志文, Li Xiao Ran 李小冉, Yu Fei Hong 俞飞鸿, Jiang Shan 江珊, Han Tong Sheng 韩童生.

The term May-December is used to describe a relationship with age disparity between the couple. In this case, the series depicts Wang Zhi Wen to be about 20 years senior to Li Xiao Ran and how the different members of the family react to this and how the couple handles the situation.

Wang Zhi Wen is a 48-year-old actor from Shanghai, who has

starred in many movies and TV series. In this series, he stars as the older husband of this May-December couple. The younger wife is Li Xiao Ran, a 38-year actress from Beijing and is also a dancer from the Beijing Ballet Academy. She started her movie career in 1996 and has starred in film and TV.

Yu Fei Hong is a 44-year-old actress from Hangzhou that graduated from the Beijing Film Academy and was a child film star with her first starring role when she was only 16. In 1991, Wayne Wang 王颖 (Wang Ying) cast her for his successful American movie, The Joy Luck Club, in this series; Yu plays the young bride's older sister. It took her 3 months to obtain her US visa to join the production in Hollywood. Jiang Shan is 48 years old and plays Li's mother.

Han Tong Sheng is a 60-year-old Beijing actor and plays Li's Father. He gives an excellent portrayal, as he starts with a negative reaction becomes a good buddy to his new older son in law. Without giving away the plot, he gives a heart-tugging act to a tragedy towards the end of the series

《大丈夫》是由新丽传媒、尚世影业、安徽广电联合出品的一部当代都市家庭话题喜剧，由李小冉、王志文、俞飞鸿、韩童生、江珊等明星主演。该剧讲述了在某杂志社任职的二女儿顾晓珺（李小冉饰）与她的研究生的导师欧阳剑（王志文饰）之间的一段历经坎坷的老少恋故事。该剧以情感为叙事的主要载体，以话题拷问牵引观众的思想，最终又将故事中心回归人物情感。用性格的对比和碰撞来推动情节发展，使得刚一播出，就得到了观众们的一致认可。



TIANJIN MALLS — Hexi District Century Mart Mini-Mall



As reported on previously in this magazine the old malls are slowly being replaced by the new malls. Big, multi-level mega malls are the new thing in Tianjin. As such, the old malls are slowly dying on the vine. A lot of the older malls might now be thought of as "mini-malls". Their layout typically includes a multi-level grocery store and lots of little shops. At the corner of Jiulong Lu (九龙路 jǐu lóng lù) and Shaoxing Dao (绍兴道 shào xīng dào) in Hexi district, one such old school mini-mall can be found.

The mini-mall can be spotted by the Century Mart, KFC, and Pizza Hut signs on the first floor. Floor one has lots of little stores, selling typical things like glasses, shoes, and clothing. There is a Mr. Lee's Beef Noodle shop also on the first floor. For expats sick of burgers and fries at Mc Donald's or KFC, Mr. Lee's is like a Chinese

hé xī qū shì jì lián huá shāng chǎng 河西区世纪联华商场

style fast food restaurant selling bowls of noodles with a few and the word "few" is stressed, chunks of beef. In a pinch, a bowl of beef noodles isn't the worst option.

Expats will want to know this area and this mini-mall because directly across the street is the Tianjin Human Resources Development Service Center (天津人力资源开发服务中心: www.cnthr.com). For any expat looking to work in Tianjin, this is an important place. The Service Center office hours are Monday through Friday 8:30-12:00 and 2:00-5:30. They are closed on the weekend. This is the place where expats can apply and obtain their "work permit". Typically papers are submitted on one day, and the permit picked up on another. Thus, knowing about the Century mini-mall across the street may help expats find this location, plus grab a bite to eat and do a little shopping on the way.

在过去的文章中,我曾提到过,新兴商场正逐步取代老型商场的位置。也正如我们大家看到的那样,老型商场正在慢慢退败。现存的很多老旧商场大家还习惯的将它们称之为迷你商场。这样的商场结构大多相似,一个多层超市配以若干小店铺。而九龙路与绍兴道交界处的世纪联华商场就正是一座这样的老旧商场。世纪联华商场里有联华超市、肯德基、必胜客、以及一些微小商铺。它的周围毗邻天津人力资源开发服务中心,对于在天津工作的外国人来说,人力中心是个重要场所,因为外国朋友需要在这里取得“工作许可证”。所以有需要去这个地方的外国朋友,请一定记好这个位置。



TIANJIN METRO — Line 1 Liuyuan Stop



When did it happen? Whoever has been to Beijing and ridden line 1 knows it can be a painful experience, or should we say cramped. There was a time when riding metro line 1 in Tianjin meant a seat available ride. A recent ride of line 1 though heading towards Liuyuan at rush hour revealed things have really changed. While still light compared to the shear sardines in a can experience of Beijing, rider traffic was heavy. Way heavier than ever before.

It wasn't until Honghuli that the line 1 of yesteryears started to return. By Guojiuchang seats outnumbered the passengers. By Liuyuan the squash of rush hour was totally gone. But that thrill faded fast as arrival revealed a big difference between the old and

liú yuán zhàn 天津地铁1号线刘园站

new metro lines in Tianjin, namely a rider has to exit the station to cross over to the other side and go back the other way. This means paying for a whole new fair.

The Liuyuan stop only has two exits, A and B. Exit A only offered a bus terminal, apartment complexes, street sellers, and "black cabs". A painfully long walk across the street revealed a huge new 2nd Children's Hospital is situated directly behind Exit B. It is reported it will open on May 28. Thus any reduced passenger traffic as one nears the last stop of line 1, Liuyuan may be short lived when the hospital is fully up and running. Many schools and hospitals in Tianjin are following this pattern and moving out of the city center. This makes one wonder with the all the growth in Tianjin going on, will Liuyuan stay the last stop of line 1 for long?

每一个经由地铁一号线去往北京的乘客一定都有过一段痛苦的经历。在过去,一号线或许还能被称为舒适便捷,但随着交通压力的不断攀升,地铁的情况也在发生着改变。刘园站,地铁一号线向西的最后一站。目前有A、B两个出口。A出口的附近有公交站,公寓楼,路边摊,以及“黑出租”。穿过街道就能看见新修建的第二儿童医院,它正坐落于出口B的身后。该医院定于5月28日正式投入使用。现在,天津的很多学校和医院都采取远离市中心而建的措施来减缓市中心的交通压力。但随着天津的不断发展,刘园站也绝不会是一号线的终点站。



Benkay Weekend Japanese Buffet

April – June, 2015

Japanese Buffet price from RMB238net to RMB298net per person, unlimited from a select menu & unlimited drinks.

Reservations: 83198888 Ext. 3558

Venue: Hotel Nikko Tianjin Benkay Japanese Dining 5F



Rice Dumpling Package @ Renaissance Tianjin Downtown Hotel

Renaissance Tianjin Downtown Hotel would like to reward you an Early Bird discount for those who will buy the Rice Dumpling package from now to June 10, 2015. The selected ingredients and stuffing are fresh, healthy and tempting.

For enquiries and reservations, please contact Dynasty Chinese Restaurant at 022-23026888-6420.



SUMMER SIZZLE@PREGO

First class treatment for the best beef in town.

Discover a selection of the juiciest Australian steak on our grill.

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T.22.2389.0173

E. westindining.tianjin@westin.com

W. www.westin.com/tianjin / W. www.spgrestaurantsandbars.com



SUMMER BBQ NIGHT (Dinner, Every Sat. and Sun., June 1- June 30)

A special buffet is presented by Chef Edison Liu every Saturday and Sunday this summer. The theme is indoor buffet plus outdoor barbecue and features a BBQ station highlighting a variety of meats including barbecue brisket, pork belly, lamb chop, prime rib and salmon plus other favorites include jalapeno, smoked prawns and sausage. RMB358+* per person including free flow of beer, juice, soft drink, coffee and tea

Venue: ZEST of The Ritz-Carlton, Tianjin

Tel: 86-22-5857-8888



TGI FRIDAYS New Promotions

● Texas Cowboy Festival Enjoy American West Cuisine American cowboy powerful physique, what they eat?

Find the answer to TGI FRIDAYS!

● Happy Children's Day Enjoy Free Kids Meal . (Kid under 1.2 meters can enjoy one free Kids Meal)

Reservation: 5869-5555



Wanda Vista Tianjin Launches Seafood Feast Buffet Dinner at Cafe Vista

Throughout May and June 2015, guests can indulge in a special seafood feast that features lobster, shrimps, crabs, mussels, oysters and more. Enjoy the light breeze of early summer at Café Vista. RMB 288nett per person. Valid from 1 May. to 30 Jun. 2015.

For enquiry or reservation, please contact the hotel at (86 22) 2462 6888 or write an email to sales.tianjin@wandahotels.com.



STEAK NIGHT

We introduce the fine selected Australian Angus Beef grill to your liking at 1863 Bistro & Terrace.

Signatures include Tomahawk, T-bone & Filet mignon -1st to 30th June, 2015

Dinner only, set menu and A-la-Carte available-1st floor Historical Astor Wing

For more information or make a reservation, please call 86 22 5852 6888 ext.8918, or email to reservation.astor@luxurycollection.com



Father's Day Brunch

We have been loved and protected by our father since we were born. Don't know how to show your thankfulness to your father? Take your dad to St. Regis Tianjin to enjoy a Father's Day brunch!

Time: June 21st, 2015

Venue: Promenade Restaurant

Price: 398/person net

Reservation: 58309959



R
RENAISSANCE®
 TIANJIN LAKEVIEW HOTEL
 万丽天津宾馆

Rice Dumpling from Renaissance

This Dragon Boat Festival, Renaissance Tianjin Lakeview Hotel is offering a dazzling selection of rice dumplings, featuring both traditional as well as innovative creations, with flavors ranging from the Date Paste Rice dumpling, Glutinous Rice dumpling, Sweet Scented Osmanthus Red Bean to the Pleurotus Eryngii and Fresh Chestnuts and Pork Rice dumpling.

Rice dumpling package including:

- Date Paste Rice Dumpling (100g) x 2pcs
- Glutinous Rice Dumpling (100g) x 2pcs
- Sweet Scented Osmanthus Red Bean Dumpling (100g) x 2pcs
- Pleurotus Eryngii Dumpling (100g) x 2pcs
- Fresh Chestnuts and Pork Rice Dumpling (100g) x 2pc

Price: RMB168/box (10 pcs) from 01 to 20 June 2015 09:30-20:00

Pick up Location: New Dynasty, hotel second floor.

For enquiries and reservations, please call 5822 3110/3111.



H
假日酒店
Holiday Inn
 天津水游城
 TIANJIN AQUA CITY

HEALTHY RICE DUMPLING BOX @HOLIDAY INN TIANJIN AQUA CITY

Holiday Inn Tianjin Aqua City presents healthy rice dumpling box this year. Celebrate this Dragon Boat Festival by presenting your friends and business associates with delectable rice dumplings. Follow hotel WeChat and get a 20% OFF voucher.

Healthy Rice Dumpling Box RMB198 (8 pieces)

Red Date Candied Date Sesame Lotus Paste Mixed Bean Spiced Beef Oatmeal with Pumpkin Millet with Red Bean Paste

Please call 022-58776666 ext. 3720 for reservations.

Address: Level 1 of Holiday Inn Tianjin Aqua City, No.6 Jieyuan Road, Hongqiao



HYATT
REGENCY
 TIANJIN EAST
 天津东丽皇冠假日酒店

Ningbo Gourmet @ Wok in the Garden

Promoting its pure Ningbo gourmet series, Wok in the Garden at Hyatt Regency Tianjin East will host Chef Mao Bingyang and Chef Xu Kai, both of Park Hyatt Ningbo Resort and Spa, who will present a special gourmet feast, such as Mixed Crown Daisy with Vinegar and Steamed Chicken, Dried Salted Yellow Croakers with Soy Sauce. Incorporating methods and creative concepts from a variety of cuisines, our "Ningbo Gourmet" menu offers dishes prepared using only the freshest ingredients. We invite residents of Tianjin to experience the finest Ningbo cuisine at Wok in the Garden at Hyatt Regency Tianjin East.

For more information please call : +86 22 2566 7252

TANGLA
 TANGLA
 天津糖拉酒店
 TIANJIN TANGLA HOTEL



Celebrating Dragon Boat Festival

Rice dumplings are the most important custom at Dragon Boat Festival. Combining North and South flavours satisfying all of your's taste while enriching your taste buds. Using the natural organic brown rice and glutinous rice, black rice. Rice dumplings are made up with low sugar gradient by traditional procedure. Enjoy the Dragon Boat Festival with your family and friends.

Traditional Healthy Gift Box RMB88/box

Traditional Selected Gift Box RMB118/BOX

Healthy Selected Gift Box RMB198/box

Healthy Deluxe Gift Box RMB268/box

Dragon Boat Hamper RMB498/box

Valid until 20 June, 2015

For reservation, please call 022 2317 5107



BANYAN TREE
 TIANJIN
 RIVERSIDE



The Art of Romance @ Banyan Tree Spa Tianjin Riverside

Step into an enchanting sanctuary and enliven your skin with a choice of freshly-prepared body scrubs. Feel the tension melt away with our signature massages before a romantic bath perfects the experience... The "Art of Romance" Package includes 30-minute Choice of Body Scrubs, 60-minute Choice of Body Massages and 30-minute Romance Bath.

Exclusive Price: RMB 2160/nett per couple

Available from 1 Jun to 15 Dec 2015. Terms & Conditions apply.

The Spa is open to both hotel guests and visitors daily from 10am to 11pm.

For more information or reservations, please contact +86 22 5861 9999, email spa-tianjinriverside@banyantree.com or visit banyantreespa.com.

Shangri-La hotel
 TIANJIN



New Gastronomic Journey at Shang Palace at Shangri-La Hotel, Tianjin

Shang Palace launched a new menu that includes more dim sum selections and Tianjin specialties to take guests on a new gastronomic journey.

The newly presented menu includes a selection of innovative new dishes incorporating contemporary twists into traditional tastes. More selections of dim sum and Tianjin specialties stand out from the rest in terms of taste and presentation.

Organic vegetables and fresh seafood are specially selected to make these new dishes more delicious and healthy. The new menu is also given a face-lift with a fresh design filled with pictorial representations of each dish for easy reference.

50% off is applicable on dim sum menu from Monday to Sunday from 10.30 a.m. to 2 p.m. in Shang Palace Main Dining Hall, except during public holidays.

Tel: (86 22) 8418 8801

COFFEE 咖啡
WINE 红酒
RESTAURANT 餐厅
BAR 酒吧
SHOPPING 购物

E =English Menu 有英文菜单
CC =Credit Card 可信用卡付账
¥ =Cost per person 人均消费
★ =Editor's pic 编辑推介
P =Parking 有停车位

Coffee 咖啡

Tianjin Downtown

Renaissance Cafe

万丽咖啡厅 **E5 E P**
Renaissance Café celebrates the best of Western and Asian cuisine.
2F, Renaissance Tianjin Hotel, 105 Jianshe Rd, Heping.
和平区建设路105号滨江万丽酒店二层
Tel: 2302 6888 Ext.6410
Hrs: 06:00am-10:00am

Victorian Lounge

大堂吧 **E6 E P**
Offers a relaxed atmosphere and nice food.
The Astor Hotel, A Luxury Collection Hotel, Tianjin33 Taier Zhuang Road, Heping
和平区台儿庄路33号
天津利顺德大饭店豪华精选酒店
Tel: 2331 1688
Hrs: 08:30am-21:00pm

TEDA&Tanggu

Starbucks Coffee

星巴克咖啡 **P E ¥40**
C102, Juchuan Jin hai'an Building, No.453,JiefangLu, Tanggu
塘沽区解放路453号巨川金海岸商界C102
Tel: 2589 3409
Hrs: 9:00-22:00(Mon-Fri)
08:30-22:30(Sat-Sun)

1F, Tianjin Friendship Mingdu Store, No.19, Huanghai Road, TEDA
开发区黄海路19号天津友谊商贸厦名都点一层
Tel: 6620 1781

Wine 红酒

Tianjin Downtown

Montrose Wine House

名特公司进口葡萄酒
Imported wines.
2nd floor YY Beer House, Montrose(Tianjin) Office
粤园餐厅二楼名特(天津)办事处
Tel: 139 200 21679
Hrs: 09:00am-18:00pm

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TEL: 13920021679 13920198714EIN
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E-MAIL: yuandu1989@gmail.com
地址: 天津市和平区津门道2号(粤园餐厅二楼),
名特 | 天津 | 办事处
400 2F YY Beer House, 3 Aomen Lu, Heping Dist

RESTAURANT

[Western 西餐厅]

Tianjin Downtown

Fleur De Lys Restaurant

丽新百合西餐厅
Fantastic surroundings and marvelous selection of food and teas great for a quiet afternoon with someone special.
Address: 3F Lotte Department Store, 9 Le Yuan Dao, Hexi District, Tianjin
天津市河西区乐园道9号乐天百货三层
Tel: 022-58908026
Hrs: 10:30am-21:00pm

Café BLD

碧南西餐厅 **★ P E D3**
Offers buffets with open kitchen.
1F, Renaissance Tianjin Lakeview Hotel, 16 Binshui Road, Hexi
河西区滨水道16号万丽天津宾馆1层
Tel: 5822 3388
Hrs: 06:00am-10:30am;
11:30am-14:00pm;
17:30pm-22:00pm

Hank's Sports Bar & Grill

★ ¥80 P E B4
Special dishes each week. A real western bar for watching sports and eating steaks.
Vanke Jin Ao International Square, Zhong Shi You Bridge, Wei Jin South Road, He Xi District, Tianjin, Chian 300221
天津市河西区卫津南路中石油立交桥东南侧万科金奥国际广场6号楼333室
Tel: 13821611049 / 13920614814
Email: theupperdecktj@yahoo.com
Hrs: 11:00am-23:00pm

Wind Song Western Restaurant

风之细语西餐厅 **¥100 P E**
Features an impressive variety of buffet choice for breakfast, lunch, dinner. Continental and Asian cuisine is the fare, with large open kitchen.
Crown Plaza Tianjin Hotel, No.55 Zhongxin Avenue, Airport Industrial Park.
空港物流加工区中心大道55号天津滨海圣光皇冠假日酒店一楼
Tel: 5867 8888 -2333
Hrs: 06:30am-24:00pm

Café d'Or

西锦汇餐厅 **¥200 P E D7**
From exquisite Chinese cuisine to exciting Japanese-European fusion dishes, Café d'Or satisfy discriminating gourmet patrons.
6F, Tangla Hotel Tianjin, No.219 Nanjing Road Heping
和平区南京路219号天津中心康拉雅秀酒店6楼
Tel:23215888
Hrs: 06:00am-10:30am;
11:30am-14:00pm; 17:30pm-21:30pm

Promenade Italian Restaurant

河岸意大利餐厅 **¥200 P E C7**
Cuisines are showcased in a sumptuous à la carte menu. International favorites comprising fresh produce are prepared by a dedicated team of savvy chefs.
1F, St. Regis Tianjin, No. 158 Zhang Zi Zhong Road, Heping
和平区张自忠路158号, 天津瑞吉金融街酒店一层
Tel: 5830 9959
Hrs: 06:00am-23:00pm

FLO BRASSERIE

Summer Culinary Indulgence by Michelin Chef Daniel CHAMBON

Menus du Chef

Brunch Menu
298 RMB 5 Courses
Weekend

Business Lunch
118 RMB 3 Courses
From Monday to Friday

Brasserie Dinner Menu
328 RMB 3 Courses 398 RMB 1 Course

Michelin Chef Daniel CHAMBON

No.37 Guangfu Road,
Italian Style Town Hebei District, Tianjin
Tel: 2336 6666 www.flo.cn

Cholito

西班牙餐厅
Offers elegant, comfortable afternoon lunch and evening dining, featuring Spanish music and interior design.
Address: at the crossing of Hebei Lu and Luoyang Dao, Heping District
地址: 和平区五大道河北路和洛阳道交口
Tel: 58352833
Hrs: 11:30am-15:30pm 17:00pm-22:00pm

Buddies Restaurant & Bar

老友记
The first Tianjin restaurant to offer real American hamburgers and craft beer. Every hamburger was made from prime beef with whole wheat buns and fresh organically grown vegetables.
Bldg. A3m Magnetic Plaza, Binshui Xi Dao, Nankai
南开区滨水西道时代奥城商业广场A3区
Tel: 022-58112656
Hrs: 11:00am-24:00pm

Drei Kronen-1308 Brauhaus

路德维格1308 德餐啤酒坊 **★ P E D7**
Good sausages, awesome pork knuckle and nice beers.
1F, BLKS, Jinwan Plaza Jiefangbei Road, Heping
和平区解放北路津湾广场5号楼1层
Tel: 23219199
www.ldwg1308.com
Hrs: 11:0am-24:00pm

TGI FRIDAYS

星期五餐厅 **P E B4**
Great place to have tasty burgers, french fries, chicken and steak.
No.7-2, Fukang Lu, Nankai
南开复康路7-2号
Tel:23005555
Hrs: 11:00am-24:00pm

Terrace Café

燕园咖啡厅 C4
Offers both buffet and à la carte service. Western and Asian specialties featured at the buffet and theme nights are offered nightly.
1F, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi
河西区紫金山路天津喜来登大酒店1层
Tel:27313388
Hrs: 06:00am-23:00pm

PAULANER Tianjin

普拉纳啤酒坊 D7
A unique journey experiencing authentic Bavarian food, flair and coziness.
Venice Square, Italian Territory, No.429-431, Shengli Lu, Hebei
河北区胜利路429-431号意大利风情威尼斯广场
Tel:24468192
Hrs: 11:00am-01:00am

Seasonal Tastes

“知味”全日餐厅 **P E D6**
Offers Asian and International dishes.
1F, The Westin Tianjin No.101 Nanjing Road, Heping
和平区南京路101号天津君悦威斯汀酒店1层
Tel: 2389 0088
Hrs:06:00am-10:00am;11:30am-14:30pm;
17:30pm-21:30pm

TEDA & Tanggu

Dublin Irish Pub

普柏林爱尔兰西餐吧 **P E**
Great place, nice food. One of the best places to have a relax.
No.137, 3rd Avenue, TEDA
开发区第三大街137号
Tel: 6629 2963
Hrs: 10:30am-01:30am

[Japanese 日料]

Tianjin Downtown

Benkay Teppanyaki
 奔鹿铁板烧 ¥180 P E D6
 Luxury Japanese dining for the businessman.
 5F Hotel Nikko Tianjin, 189 Nanjing Lu, Heping.
 和平区南京路189号天津日航酒店5F
 Tel: 8319 8888(Ext.3558)
 Hrs: 11:30am-14:00pm;
 17:30pm-22:00pm

[FRENCH 法餐厅]

Tianjin Downtown

FLO
 福楼 ¥350 P E D7
 The best French Restaurant in Tianjin offers the most authentic French cuisine. Brasserie FLO is the first restaurant in Tianjin to offer fresh oysters from France.
 河北区意大利风情区光复道37号
 No.37 Guangfu Road, Italy Style Town, Hebei
 Tel: 2662 6688
 Fax: 2445 2625
 Hrs: 11:00am-22:30pm

[Chinese 中餐厅]

Tianjin Downtown

Din Tai Fung
 鼎泰丰 ¥150 P E
 Steamed Bread made of choice ingredients are the main attraction. The Special desserts, steamed glutinous rice pudding and almond togu, will melt in your mouth. The luxury washroom on the first floor is an ideal place for ladies to freshen up.
 18 Binshui Dao, Hexi.
 河西区宾水道18号
 (宾水道与紫金山路交口)
 Tel: 2813 8138 Ext 8001
 Hrs: 11:00am-14:30pm;
 17:00pm-22:00pm

Tian Tai Xuan
 天泰轩
 Savor dishes from the renowned Cantonese tradition in concert with innovative creations exploring seasonal local ingredients, together forming a culinary experience which is not only extraordinary but quite possibly the most unique in the entire world.
 The Ritz-Carlton, Tianjin, 1st and 2nd floor, No. 167 Dagubei Road, Heping
 和平区大沽北路167号
 天津丽思卡尔顿酒店一楼和二楼
 Lunch 11:30am-14:00pm
 Dinner 17:30pm-21:30pm
 Tel: 5857-8888
 Seats:160

Le Loft
 贰楼小筑
 Classic Chinese food
 at the cross of Nanjing Lu and Jinzhou Dao, Heping
 和平区南京路与锦州道交口
 Tel: 27239363, 18702200612
 Hrs: 11:30am-14:00pm;
 14:00pm-17:00pm;
 18:00pm-21:30pm

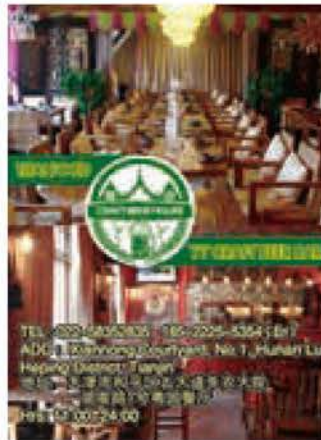
[Thai&Malay 泰国&马来西亚]

Tianjin Downtown

YY Beer House
 粤园泰餐厅 ★ ¥100 P E D6
 The best Thai Restaurant in Tianjin offers the fantastic Thai food and beer.
 3 Ao Men Lu, (behind the International Building), Heping.
 和平区澳门路3号(国际大厦后)
 Tel: 2339 9634 13821118292(English)
 Hrs: 11:00am-24:00pm
 If need be, we have a designated driver to take you to your next destination.



YY Craft Beer House (NEW OPEN)
 粤园泰餐厅 ★ ¥100 P E D6
 Xiannong Courtyard, No.1, Hunan Lu, Heping District, Tianjin
 天津和平区五大道先农大院湖南路1号粤园餐厅
 TEL: 58352835 185-2225-5354 (En)
 Hrs: 11:00-24:00
 If need be, we have a designated driver to take you to your next destination.



[Italian 意大利餐厅]

Tianjin Downtown

Prego
 意大利餐厅 ¥400 P E D6
 Prego's cuisine is rustic yet refined, rooted in tradition while producing innovative creations using only the finest and freshest ingredients available.
 3F, The Westin Tianjin, No.101, Nanjing Lu, Heping
 和平区南京路101号天津君悦威斯汀酒店3层
 Tel:23890088
 Hrs: 11:30am-14:30pm;
 18:00pm-22:00pm

BAR

Tianjin Downtown

River Lounge
 瑞吉畔吧 ¥100 P E D7
 One of Tianjin's premiere destinations, you can enjoy High Tea or artisan cocktails at the gleaming bar or in conversation areas furnished with rich leather seating overlooking the sparkling Hai River. The signature cocktail features a blend of unique Chinese flavors and seasonings, including Fujian lapsang souchong tea, Sichuan pepper, and soy sauce with fine vodka.
 1F, St. Regis Tianjin, No.158 Zhang Zi Zhong Road, Heping (Next to Jin Tower, the opposite side of Ha Mi Road)
 和平区张自忠路158号, 津塔旁, 哈密道正对面, 天津瑞吉金殿街酒店一层
 Tel: 5830 9958
 Hrs: 10:00am-01:00am

Blauer Engel
 蓝天使啤酒屋 ★ P E
 With an array of boutique beers, live band and great hearty german food, blauer engel is the only bar in Tianjin that blends traditional architect with contemporary design.
 314 Jie Fang Nan Lu, Hexi District, Hotel Indigo Tianjin Haihe
 天津市河西区解放南路314号 英迪格酒店
 Tel: 88327698
 Hrs: 17:30pm-01:00am

O'Hara's-authentic British lounge
 海维林酒吧 - 经典美式酒吧 E6
 Offers the intimacy of an English gentleman's lounge with regal Winchester styled sofas and an oversized bar counter.
 1st floor Astor Wing, A Luxury Collection Hotel, Tianjin, 33 Taier Zhuang Road, Heping
 和平区台儿庄路33号天津利顺德大饭店豪华精选酒店, 酒店一层
 Tel: 58526888 ext. 8919
 Hrs: 06:30pm-01:00am

Qba
 Q吧 P E D6
 Qba's Latin-inspired décor creates an authentic ambience where delicious tapas and Latin-style snacks are shared among friends.
 The Westin Tianjin, No. 101 Nan Jing Road, Heping
 和平区南京路101号天津君悦威斯汀酒店
 Tel: 2389 0088
 Hrs: 17:00pm-01:00am



Flair
 ★ P E E5
 The Ritz-Carlton, Tianjin, 1st floor, No. 167 Dagubei Road, Heping District, Tianjin China
 和平区大沽北路167号天津丽思卡尔顿酒店一楼
 Tel: 5857-8888
 Mon-Fri 17:00-24:00
 Sat-Sun 17:00-01:00
 Seats:118

SHOPPING

[Department Store 百货]

Tianjin Downtown

Galaxy Mall
 银河国际购物中心
 No.9, Le Yuan Road, Hexi
 河西区乐园道9号
 Tel: 8388 9577
 Fax: 8388 9733
 Web: www.galaxy-mall.com.cn
 Hrs: 10:00-22:00

Tianjin Joy city
 大悦城
 No.2, Nanmen Wai Da Jie, Nankai
 河西区南门外大街2号
 Tel: 5861 8888
 Web: tjjoycity.com

Tianjin Aeon Mall
 天津永旺购物中心
 Zhongshanbei Store 中山北店 (10:00-22:00)
 No.1, Fushan Dao, Zhongbei Industrial Park, Xiqing
 西青区中北工业园区阜盛道1号
 Tel: 8719 5700
 TEDA Store 泰达店 (10:00-22:00)
 No.29, Shishangdong Lu, Development Zone
 开发区时尚东路29号
 Tel: 5985 7000

plaza66
 天津恒隆广场
 160 Zhangzizhong Lu, Heping District
 和平区张自忠路160号

[Grocery 超市]

Tianjin Downtown

Hisense Supermarket
 海信超市
 -1F, Hisense Plaza, No.188, Jiefang Bei Lu, Heping
 和平区解放北路188号海信广场负1层
 Tel: 2373 1998
 Hrs: 10:00-21:30 (Mon-Fri)
 10:00-22:00 (Sat-Sun)

Isetan Supermarket
 伊势丹超市
 -1F, Isetan, No.108, Nanjing Lu, Heping
 和平区南京路108号伊势丹负1层
 Tel: 2722 1111
 Hrs: 10:00-21:00

[Decorations 家居装饰]

Tianjin Downtown

IKEA
 宜家家居
 A: No.433, Jintang Road, Dongli District
 东丽区津塘公路433号
 Tel:400-800-2345

SHOPPING 购物

BAR 酒吧

RESTAURANT 餐厅

WINE 红酒

COFFEE 咖啡

LISTING

SPORTS

[Gym 健身]

Tianjin Downtown

Sheraton Hotel Fitness Center

喜来登健身美容中心
Inside Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi
河西区紫金山路天津喜来登饭店内
Tel: 27313388

Hrs: 06:00-24:00

Westin WORKOUT®

威斯汀健身馆®
5F The Westin Tianjin, No.101 Nanjing Road, Heping
和平区南京路101号天津君隆威斯汀酒店5层
Tel: 2389 0088
Hrs: 06:00-22:00

HOTEL

[Hotel 酒店]

Tianjin Downtown

The Westin Tianjin

天津君隆威斯汀酒店
No.101, Nanjing Road, Heping District
和平区南京路101号
Tel: 2389 0088
Fax: 2389 0099
Website: westin.com/Tianjin

Wanda Vista Tianjin

天津万达文华酒店
No.486, Ba Hao Lu, Da Zhi Gu, Hedong
河东区大直沽八号路486号
Tel: 2462 6888

The Ritz-Carlton, Tianjin

天津丽思卡尔顿酒店
No. 167 Dagubei Road, Heping
和平区大沽北路167号
Tel: 5857-8888
Fax: 5857-8899
www.ritzcarlton.com

Sheraton Tianjin Hotel

天津喜来登大酒店
Zi Jin Shan Lu, Hexi District
河西区紫金山路
Tel: 27313388

Shangri-La Hotel Tianjin

天津香格里拉大酒店
No. 328 Haihe East Road, Hedong District, Tianjin, 300019, China
天津市河东区海河东路328号
Tel: (86 22) 8418 8888

Renaissance Tianjin Lakeview Hotel

万丽天津宾馆
16 Binshui Dao, Hexi District
河西区滨水道16号
Tel: 58223388



Crowne Plaza Tianjin Meijiangan

天津梅江中心皇冠假日酒店
East to South Youyi Road (Opposite to Tianjin Meijiang Conference&Exhibition Center), Xiqing District, Tianjin, P.R. China 300221
地址: 天津西青区友谊南路东侧 (天津梅江会展中心正对面)
Tel: +86 22 5857 6666
Fax: +86 22 5857 6688
Web: www.crowneplaza.com/tjmeijiangan

TEDA International Club Tianjin

泰达国际会馆
7+2 Fu Kang Lu, Nankai.
南开复康路7号增2号
Tel: 5869 5555
Fax: 2300 5656

Holiday Inn Tianjin Aqua City

天津水游城假日酒店
No. 6, Jieyuan Road, Hongqiao
红桥区芥园道6号
Tel: 5877 6666

The St. Regis Tianjin

天津瑞吉金融街酒店
1F, St. Regis Tianjin, No.158 Zhang Zi Zhong Road, Heping (Next to Jin Tower, the opposite side of Ha Mi Road) 和平区张自忠路158号, 津塔旁, 哈密道正对面, 天津瑞吉金融街酒店一层
Tel: 5830 9999
Stregis.com/tianjin

Tangla Tianjin

天津中心唐拉雅秀酒店
No. 219, Nanjing Road, Heping
和平区南京路219号
Tel: 2321 5888

Banyan Tree Tianjin Riverside

天津海河悦榕庄
34 Haihe East Road Hebei
河北区海河东路34号
Tel: 5861 9999 Fax: 5861 9998
banyantree.com

HYATT REGENCY TIANJIN EAST

天津帝旺凯悦酒店
126 Weiguo Road, Hedong District, Tianjin, 300161, People's Republic of China
中国天津市河东区卫国道126号 邮编300161
Tel: + 86 22 2457 1234
Fax: +86 22 2434 5666
Email: tianjin.regency@hyatt.com
tianjin.regency.hyatt.com

Hotel Indigo Tianjin Haihe

天津海河英迪格酒店
No.314, South Jiefang Rd., Hexi Dist
天津市河西区解放南路314号
Tel: 88328888, 4000380666
Web: www.indigohotel.tianjin.com

Renaissance Tianjin downtown Hotel

滨江万丽酒店
105 Jian She Lu, Heping.
和平区建设路105号
Tel: 2302 6888
Fax: 2302 8530

Hotel Nikko Tianjin

天津日航酒店
189 Nan Jing Lu, Heping.
和平区南京路189号
Tel: 8319 8888
Fax: 8319 2266
Website: www.nikkotianjin.com

The Astor Hotel, A Luxury Collection Hotel, Tianjin

天津利顺德大饭店 豪华精选酒店
33 Taier Zhuang Road, Heping
和平区台儿庄路33号
Tel: 2331 1688
www.luxurycollection.com/astor

Holiday Inn Tianjin Riverside

天津海河假日酒店
Phoenix Shopping Mall, East Haihe Road, Hebei (Nearby "Eye of Tianjin")
河北区海河东路凤凰商贸广场 ("天津之眼"摩天轮旁)
Tel: 2627 8888
Fax: 2627 6666

TEDA & Tanggu

Holiday Inn Binhai Tianjin

天津滨海假日酒店
86 First Ave., TEDA.
经济技术开发区第一大街86号
Tel: 6628 3388

Crowne Plaza Tianjin Binhai

天津滨海圣光皇冠假日酒店
55 Zhongxin Avenue, Airport Industrial Park.
空港物流加工区中心大道55号
Tel: 5867 8888
Fax: 5867 8899
Web: www.crowneplaza.com

Renaissance Tianjin TEDA Hotel & Convention Center

天津万丽泰达酒店及会议中心
29 Second Ave., TEDA.
经济技术开发区第二大街29号
Tel: 6621 8888

Sheraton Tianjin Binhai Hotel

天津滨海喜来登酒店
No.50, 2nd Avenue, TEDA, Binhai New Area
滨海新区天津经济技术开发区第二大街50号
TEL: 6528 8888
FAX: 6528 8801
www.sheraton.com/tianjinbinhai

[Hotel Apartment 酒店公寓]

Tianjin Downtown

Somerset International Building Tianjin

天津盛捷国际大厦服务公寓
No 75 Nanjing Road, Heping
和平区南京路75号
Tel: 2330 6666

Somerset Olympic Tower Tianjin

天津盛捷奥林匹克大厦服务公寓
No 126 Chengdu Road, Heping
和平区成都道126号
Tel: 2335 5888

Somerset Youyi Tianjin

天津盛捷友谊服务公寓
No 35 Youyi Road, Hexi
河西区友谊路35号
Tel: 2810 7888

Ariva Tianjin No.36 Serviced Apartment

招商·艾丽华36号服务公寓
No.36 Xikang Road, Heping
和平区西康路36号
Tel: 2352 3636

TEDA & Tanggu

Green Park Villa

格林园
No.34, 1st Avenue TEDA, Tianjin
天津经济技术开发区第一大街34号
Tel: 2528 0670

SCHOOL

Tianjin Downtown

International School of Tianjin

天津经济技术开发区国际学校天津分校
Only international school in Tianjin fully authorized by the IBO to teach all three IB programs (PYP, MYP and DP) from age 3-18.
Weishan Nan Lu, Jinnan District, Tianjin
天津市津南区(双港)微山南路
Mon-Fri 07:30-16:30
T: +86 22 2859 2001
W: www.istianjin.org

Wellington College International Tianjin

天津惠灵顿国际学校
NO.1 Yide Dao, Hongqiao District
红桥区义德道1号
Tel: 8758 7199 / 187 2248 7836
Email: admissions@wellington-tianjin.cn
www.wellington-tianjin.cn

SmartKidz International Tianjin

童童国际
5F, Building C, He Zhong Building, You Yi Bei Lu, Hexi District
天津市河西区友谊北路合众大厦C座5层
Tel: 18622496466
Landline: 022-83860916-0
Email: smartkidz@foxmail.com; 934971182@qq.com
WeChat: smartkidz-tj
Website: www.smartkidz-tj.com

Tianjin International School

天津国际学校
No.4-1 Sishui Road, Hexi
河西区泗水道4号增1号
Tel: 8371 0900
Fax: 8731 0400
admin@tedainternationalschool.net
www.tedainternationalschool.net

Green Mandarin School

格林教育
Room 705, Block B, Kang Ning Building,
Xi Kang Lu, Heping District
和平区西康路康宁大厦B座705室
1-2-302, Cheng Ji Center, Nan Jing Road, Heping District
和平区南京路诚基中心1号楼2J302室
Chengdu road No.151
成都道151号
Jiuhe International Village, 140 Wei Guo Dao, Hedong District, Tianjin
河东区卫国道140号九河国际村
2401 Zaia Wanli Hotel & Apartment, 8 Huang Hai Lu, Teda
滨海新区黄海路8号索亚万丽公寓2401室



Hopeland International Kindergarten

华兰国际幼稚园 (海逸园)
No.5 Cuibo Road, Meijiang Bay, Tianjin, China
天津市梅江湾翠波道5号
Tel: 022-6046-2555

Hopeland International Kindergarten

华兰国际幼稚园 (梅江园)
No.7 Huandao Middle Road, East Side of Jiefang South Road, Tianjin
天津市解放南路西侧环岛东路7号
Tel: 022-5810-7777

Tianjin Translation College

天津翻译学院
No.5 Pinghu Road, Anshanxi Street,
Nankai District, Tianjin
天津市南开区鞍山西道平湖路5号
Tel: 2737-9758
Email: jenny_tj@126.com

Tianjin Golden Collar Translation Center
 天津金领翻译中心
 No.5 Pinghu Road, Anshanxi Street,
 Nankai District, Tianjin
 天津市南开区鞍山西道平湖路5号
 Tel: 2737-9758
 Email: jenny_tj@126.com

Shuoba Chinese Academy
 说吧汉语
 Tianjin Heping District Chengdu Dao
 No.126 Somerset Olympic Tower 403
 天津市和平区成都道126号盛捷奥林匹克4层403室
 Tianjin Heping District Nanjing
 Rd.No.75 International Plaza 1802
 天津市和平区南京路75号国际大厦1802室
 Tel: 022-2335 0585
 139-1079-8835 (Mr.Lu Tong)
 187-1017-7191(Sandra)

TEDA & Tanggu

Teda International School
 泰达国际学校
 72 Third Ave, TEDA.
 经济技术开发区第三大街72号
 Tel: 6622 6158 / 6622 6157
 Fax: 6200 1818
 admin@tedainternationalschool.net
 www.tedainternationalschool.net

MEDICAL FACILITY

Tianjin Downtown

ARRAIL International Dental Clinic
 瑞尔专业口腔医疗机构
 Rm 302, Tianjin International Building
 No.75 Nanjing Rd, Heping District, Tianjin
 天津市和平区南京路75号天津国际大厦302室
 Tel: 022-2331-6202 Fax: 022-2331-6215

Tianjin United Family Hospital (TJU)
 天津和睦家医院
 No. 22 Tianxiaoyuan, Tianjiang Road,
 Hexi District, Tianjin 300221
 河西区津浦道天满园22号 300221
 Tel: (022) 58568500
 Web: http://www.uhf.com.cn

Tianjin International SOS Clinic
 天津国际(SOS)紧急救援诊所
 1F Sheraton Tianjin Hotel, Zijinshan Lu, Hexi.
 河西区紫金山路天津喜来登大酒店公寓楼首层
 Tel: 2352 0143 / 6537 7616
 Hrs: 09:00-18:00(Mon-Sat)

Tianjin TEDA International SOS Clinic
 国际SOS天津泰达诊所
 102-C2 MSD, No.79, 1st Avenue, TEDA
 天津经济技术开发区第一大街79号泰达
 MSD-C区2座102室
 Tel: 6537 7616

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 Add: 5F, Building C, He Zhong Building, You Yi Bei Lu, Hexi District
 地址: 天津市河西區友谊北里合众大厦C座5层
 Tel: 18622406688
 Landline: 022-83800916-0
 Email: smartkidz@foxmail.com
 03497 1187@qq.com
 WeChat: smartkidz_q
 Website: www.smartkidz.com

ESTATE

Tianjin Downtown

E-SMART Relocation Consultants Co., Ltd
 伊斯玛特安家服务有限公司
 Rm. 1901, Ning Tai Plaza, No.1, Xia
 Guang Dao, Nankai
 南开区霞光道1号宁泰广场1901室
 Tel: 2836 0997
 Email: esmart@esmart.com.cn
 www.esmart.com.cn
 Hrs: Mon-Fri; 8:30-17:30
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 and relocation company in Tianjin region

Tianjin SYD Real Estate Consultants
 天津尚易达房地产咨询有限公司
 E-701 Rome Gardens, Yong An Dao, Hexi
 河西区永安道罗马花园1期B-2-1401
 Tel: 2324 6966/2324 6098
 Hrs: 09:00-17:00

TEDA & Tanggu

Joanna Real Estate Consulting Co., Ltd (Tianjin Branch)
 嘉瑞置地房地产经纪有限公司(天津分公司)
 No. H. 11 F, International Development
 Building, No.2, Dong Ting Road, TEDA
 天津经济技术开发区洞庭路2号国际发展大厦11层H座
 Tel: 6628 0211
 Fax: 6628 0216
 tjadmin@jreccorporate.cn
 www.jreccorporate.cn

CHAMBERS

Tianjin Downtown

European Union Chamber of Commerce in China, Tianjin Chapter
 中国欧盟商会天津办公室
 41F, The Executive Center, Tianjin World
 Financial Center, 2 Dagubei Lu, Heping
 District, Tianjin 300020.
 天津市和平区大沽北路2号天津环球金融中心
 41层德事商务中心
 Tel: +86 (022) 58307608
 Websites: www.eurochamber.com.cn
 Email: tianjin@euccc.com.cn

The American Chamber of Commerce, Greater Tianjin Branch
 美国商会天津分会
 Rm2918, the Exchange Tower 2, 189
 Nanjing Road, Heping
 和平区南京路189号津汇二期2918室
 Tel: 23185075
 Fax: 2318 5074
 Website: www.amchamtianjin.org

German Chamber of Commerce in China - North China
 中国德国商会
 Rm.1502, Global Center, No. 309
 Nanjing Road, Nankai
 南开区南京路309号
 环球置地广场1502室
 Tel/Fax ++86 (0)22 - 8787 9249
 Email: tianjin@bj.china.ahk.de
 Internet: www.china.ahk.de

German Business Circle Tianjin Deutscher Unternehmerkreis Tianjin, DUK
 天津德国人联谊会
 Rm 803, Huake Center, 3 Kaihua Road,
 Huayuan Industrial Zone..
 华苑产业园区开华道3号
 华科创业中心803室
 Tel: 8371 7855
 Fax: 837 17859

Melbourne Office Tianjin
 墨尔本天津代表处
 Room 1008, International Building, 75
 Nanjing Road, Heping District, Tianjin
 300050, P.R.China 天津市和平区南京路75号
 国际大厦1008室
 Tel: 86 22 23136003
 Fax: 86 22 23136005
 Business Hours: 8:30-17:30

CHURCH

Tianjin Downtown

St. Joseph's Cathedral
 西开教堂
 No.9, Xining Dao, Heping
 和平区西宁道9号

Tianjin Christian Fellowship
 King Hall Hotel, No.22,
 Huan Hu zhong Lu, Hexi
 河西区环湖中路22号
 Tel: 8829 7772
 enquiry@tjif.com
 Open to foreign passport holders only

TEDA & Tanggu

TEDA Christian Fellowship
 Building A, Report Hall, TEDA
 International Hotel, 2nd Avenue, No. 8,
 TEDA Tianjin
 天津泰达开发区第二大街8号
 泰达国际酒店宴会厅
 Email: enquiry@tedafellowship.com
 Phone: 151-2264-5704

THEATRE

Tianjin Downtown

Tianjin Grand Theatre
 天津大剧院
 Culture Center Pingjiang Road Hexi
 河西区平江路文化中心
 Tel: 8388 2000

Tianjin Concert Hall
 天津音乐厅
 88 Jianshe Road Heping
 和平区建设路88号
 Tel: 2332 0068

Western Shore Art Salon
 西岸艺术馆
 3 Youyi Road North Hexi
 河西区友谊北路3号
 Tel: 2326 3505/3501

MUSEUM

Tianjin Downtown

Tianjin Museum
 天津博物馆
 Intersection between Pingjiang Road
 and Yuexiu Road Hexi
 河西区平江道与越秀路交口
 Tel: 8388 3000

MASSAGE

Tianjin Downtown

A Sen Da Mu Tong
 阿森大木养生馆
 22 Pukou Dao, Hexi.
 河西区浦口道22号
 Tel: 2313 5080

Gudu Massage

古都按摩
 1-1-607, Cheng Ji Center, Nanjing Road, Heping
 和平区南京路诚基中心1号楼11607
 Tel: 2313 7919
 136 821 90233
 Hrs: 10:00-02:00

Chinese Massage Club

中国整体院
 Rm. 11F, Building 1, Zijin Garden, No.15,
 Binshui Dao, Hexi
 河西区宾水道15号紫金华园1座11F室
 Tel: 88294330
 13512489654
 Hrs: 10:00-24:00

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 Where you live, where we will service for you.
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 Tel: 18222497175

CAR RENTING

Tianjin Downtown

Car rental service (with driver)
 Wong Wei has many years of driving
 experience and currently drives a 2.4L
 Buick Lacrosse Ultimate with a beige
 interior. If you are interested in using a
 car-rental business, please contact him
 on the the following number:
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The Westin Tianjin appoints Executive Sous Chef

The Westin Tianjin has recently appointed Mr. Nick Chen as Executive Sous Chef.

Mr. Nick Chen has more than 15 years of professional working experience in Hotel industry. He worked for Starwood, IHG, Sofitel before. Nick joined Starwood hotel since 2011 and held the "position at work" as Western Kitchen Sous Chef.



The Westin Tianjin appoints Director of Sales and Marketing



The Westin Tianjin has recently appointed Ms. Sarah Gao as Director of Sales and Marketing.

Ms. Sarah Gao start her hotel industry from Dubai Sheraton. During her more than 14 years professional working and management experience

in hospitality industry, she worked for Starwood, Marriott, IHG in Tianjin, Hebei, Liaoning, Suzhou as Revenue management and Director of Sales and Marketing position. She also successful opened 2 IHG hotel in China.

Karen Xie Appointed Director of Communication of Shangri-La Hotel Tianjin



Shangri-La Hotel, Tianjin recently announced the appointment of the new director of communication, Ms Karen Xie.

Karen started her career with Renaissance Tianjin Hotel and joined Hyatt Regency Jing Jin City Resort and Spa as a pre-opening team member after one year. Prior to joining Shangri-La Hotel, Tianjin, Karen worked with Hyatt Regency Tianjin East and supported two other Hyatt hotels as part of the pre-opening marketing task force during the past two years.

With nine years of hospitality industry experience and extensive understanding of the Tianjin market, Karen will work together with the marketing team to enhance awareness of the hotel and make Shangri-La Hotel, Tianjin the first choice destination for business and leisure travelers.

Riverview Place Opened with Various Activities

Riverview Place, a super mall integrating fashion, dining, recreation, children's entertainment and lifestyle, had its soft opening on April 30 and a four-day carnival event attracted lots of customers during the May Day holiday from May 1 to 3. The customers experienced unique products and services of the stores and brands in Riverview Place in addition to receiving gift bags prepared by the mall for the first 1000 customers every day.



Show the Elegance of Art, Initiate the Modern Life



The Astor Hotel, A Luxury collection Hotel joined with the Tianjin Guohua Qipao Institute to hold the Minguo style afternoon tea recently. At the day of the event, dozens of fans from China and abroad in finely tailored Qipao, Mandarin jacket and other new style dresses with combination of Chinese and western elements enjoyed the afternoon tea. While experiencing the charming of Chinese traditional costume culture, the guests also visited the Astor

Museum and traveled back into the Chinese modern history. The professional models came from the Tianjin Guohua Qipao Institute had a show in scene to resurrect the act in TV serials "The Story of A Noble Family". Distinguished guests took photos with the models in succession to keep this great memory and enjoyed an outstanding feast of vision for Minguo costumes. Different from the ordinary, the well experienced chefs exquisitely customized the afternoon tea with the theme of fancy Qipao. The first layer of the triple-lap is decorated with white chocolate in Qipao figure. Black chocolate outlined the Chinese style collar, edge and buttons on the perfect curly white chocolate Qipao figure, which creates an exquisite and vivid effect. Both the delicate costumes and afternoon tea show the elegance of art, the Astor Hotel, a luxury collection hotel initiates the modern life.



Society Hill Intangible Cultural Heritage Festival Successfully Concluded

During the May Day holiday, the first Intangible Cultural Heritage Festival was held at Society Hill Hotels & Conventions. The event attracted many visitors from Tianjin and Beijing. On the festival, folk artists showed their extraordinary skills in kite making, paper cutting, silk flower making, shadow puppet and New Year painting, which were all intangible cultural heritage of China.



Ascott TEDA MSD Tianjin

On the 30th of April, Ascott and Tianjin TEDA Development Co. Ltd. held an official signing ceremony announcing the first Ascott branded serviced residence, Ascott TEDA MSD Tianjin, located at Teda. The senior vice president of Ascott's operations in North Asia - Chen Liming, Ascott's regional general manager for Greater China - Chen Zhishang, the chairman of TEDA Investment Holding Co. Ltd., the chairman of Tianjin TEDA Development Co. Ltd.- Zhang Bingjun, the general manager of Tianjin TEDA Development Co. Ltd.- Zhou Peijun and many other guests came together to attend the signing ceremony. The cooperation between these entities means Ascott has formally come to Tianjin and it is the first time that Ascott has entered the Tianjin market. As the leader in high-end international serviced apartments in Binhai New Area, Ascott is well suited for the rapid development of Binhai New Area where high-end residential accommodation is experiencing strong demand. The new properties will further reinforce Ascott's leading position as the largest international serviced residence owner-operator in China, with over 12,500 apartment units in 71 properties across 23 cities.



A Balloon Party for Kids at The St. Regis Tianjin

The St. Regis Tianjin successful held a family outings event by working with Luosi International Balloon Company on Sunday, 10th May.

This event entertained children ages 3-10 and their parents, we provide a great variety of activities to make sure your children never got bored including interactive warm-up games, a balloon limbo game, a short magic show, captivating balloon stories where the children got involved, fun games and dances.



Songkarn Festival Celebration at YY Beer House

On May 16th, a Songkarn Festival Celebration was held at YY Beer House. There were over 100 water fighters from Europe, American, Thailand and Japan came to share the luck of water. While enjoying the excitement of getting wet, they were also treated with various wines prepared by YY Beer House.



Wanda Vista Tianjin Won "The Best Hotel Service Award by Vantage Magazine of Vantage Hotel Award 2015"

On 3 April 2015, the Vantage 2014-2015 Annual Hotel Awards Ceremony were unveiled in Shanghai, Wanda Vista Tianjin won the "Best Hotel Service Award by Vantage Magazine of Vantage Hotel Award", which marks the hotel's first capture of the "Vantage Hotel Award", attracting extensive attention among social elites across various fields.





Returning lost wallet with everything intact is a virtue that many people have.

HONESTY

by David Wong

In an earlier issue, we commented on how to prevent pickpockets and the recovery of mobile numbers after being pickpocketed. This time, let's talk about the opposite of being a victim of theft but a recipient of honesty.

A recent TV program experimented with setting up a table of water and drinks set up in a high traffic area and with a hidden camera. A small sign and box were placed on top with several bottles of water, soft drinks and tea. The sign indicated the prices of different drinks and asked people to help themselves and place their payment in the box, which had enough bills for making change. Everyone that took a bottle made the payment, in fact some people overpaid and did not bother taking their change.

I have also experienced several instances of losing my wallet, or what I prefer to say, "misplacing" it. Once in a busy restaurant when it fell out of my jacket (I now make sure it is kept in a jacket with a zippered pocket or kept in my pants' front pocket). I did not notice that it was missing until I returned home, about an hour later. I called the restaurant and it was found by a customer

and returned to the waiter who held it for me while I went to retrieve it. Everything was intact, including several hundred remimbi and US dollars.

On another occasion, I dropped my keys that were attached to a change purse, which contained some "emergency" money. I called the bus company, reported the loss and the bus route and time of day. I was amazed that within an hour, they had contacted the bus driver and a passenger had turned the keys and purse (with all the money) to the driver and I picked up my lost item at the bus terminal on the same day. In both cases the people that returned my items did not leave a name or number so I could not thank them personally.

In Canada, I still remember that I "misplaced" my wallet on the roof of my car while searching for my keys and drove off with my wallet sitting on the roof. It was winter and plenty of snow on the ground, so a black wallet would be quite visible on the snow. Later that day, a person called me, seeing my business card and said he found my wallet on the road. When I picked up my wallet, I took out some money to give to his

IN BOTH CASES THE PEOPLE THAT RETURNED MY ITEMS DID NOT LEAVE A NAME OR NUMBER SO I COULD NOT THANK THEM PERSONALLY.

child as a gift. He immediately refused and said my thanks was enough.

I believe that honest people return lost items because they have no other motive than to return the item to the rightful owner and would not take anything that does not belong to them and do not expect to be rewarded. In fact, I suspect if I were to thank them personally, they would refuse any reward and be satisfied and happy that they have helped someone, even a stranger. What a good lesson for their children and a good example to others. Thank you.

物归原主，诚实守信

上一期，我们提到了手机被盗以及恢复手机号码的事情。这次，我们歌颂一下正能量，说说身边那些诚实守信的人。

最近，一个电视节目做了一个实验。节目组在马路边设立了一张桌子，上面放了一些饮料并把每种饮料明码标价，旁边有一个收钱的盒子，路人可以自助购买这些饮料。实验过程中，拿走饮料的路人都能自觉把钱投入盒子，有的甚至没有拿零钱。

有几次我以为丢了钱包（其实是我自己没有放好），一次是在餐厅里，钱包从我外套里掉了出来。我回到家一个小时以后才发现钱包不见了，于是马上给餐厅打电话。餐厅老板告诉我有个顾客捡到了钱包并交给了服务员，他们一直在等着我回去拿。我拿到钱包后发现里面分文未动。

另外一次我的钥匙掉了在公交车上，上面还有一个小零钱包。我发现后给公交站打电话报失，令我惊讶的是，一个小时之后，他们就告诉我有乘客捡到了钥匙和零钱包并交给了司机，他们让我当天就去取。捡到钥匙的乘客没有留下姓名，我也无从感谢他。

在加拿大，我有一次把钱包放在车顶上，然后开着车就走了。当时天下着大雪，如果这个黑钱包掉到地上应该很显眼。过了些时候，我接到一个电话，那人说捡到了我的钱包。我掏出一些钱给他，就当是给他孩子买礼物的，但他拒绝了，他说有我声谢谢就足够了。

我相信那些把失物归还给失主的人并不是为了获得奖赏。如果我有机会亲自向他们道谢并报以物质奖励，他们也会回绝，因为能帮助他人他们就感到高兴和满足了。这些经历都是对我很好的启迪，谢谢他们！



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